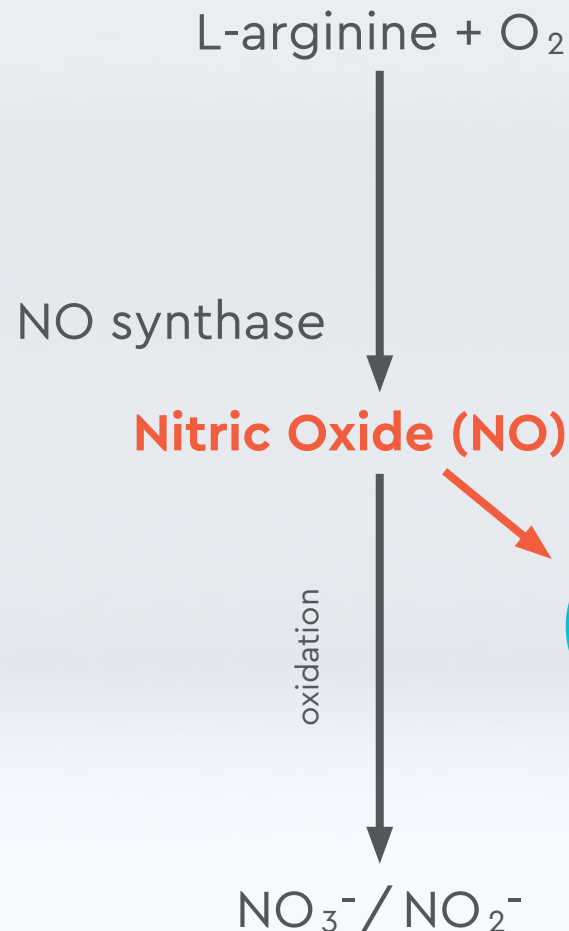
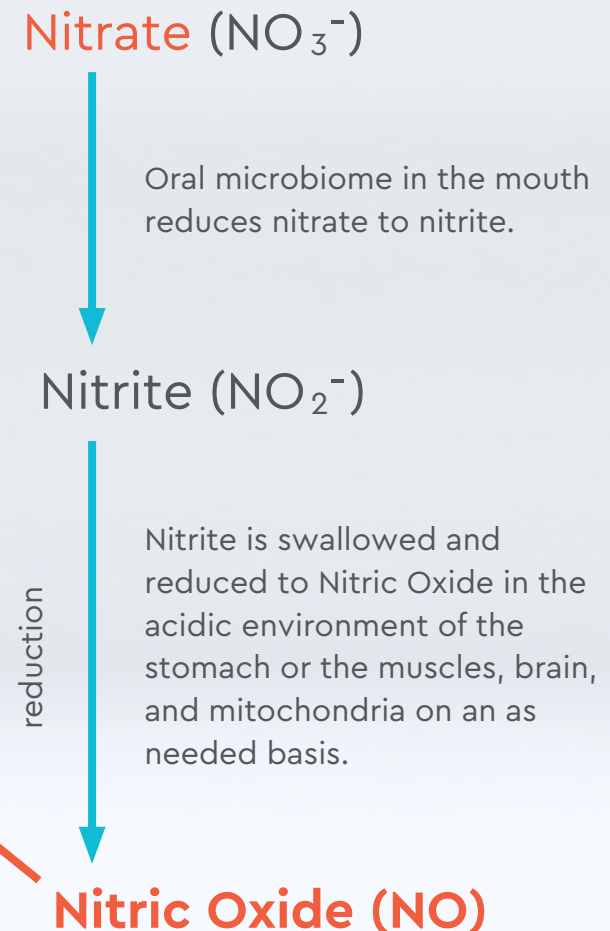


# Nitric Oxide Pathways

## ✕ The L-Arginine Pathway



## The Nitrate Pathway ✓



Biological effects



## Dietary Nitrates in Food <sup>(1)</sup>

✓✓✓✓✓	✓✓✓✓	✓✓✓	✓✓	✓
Arugula	Chinese Cabbage	Broccoli	Cauliflower	Asparagus
Bok Choy	Endive	Cabbage	Cucumber	Brussels Sprouts
Celery	Fennel	Carrots	Potato	Garlic
Lettuce	Mustard Leaf	Green Beans		Onions
Spinach	Radish	Leeks		Peas
Swiss Chard	Red Beet Root	Turnips		Tomato

## How is Dietary Nitrate Concentration Impacted? <sup>(2)</sup>

Conventional vegetable nitrate values based on regional differences

Mean nitrate ( $\text{NO}_3^-$ ) concentrations<sup>1</sup> (ppm)<sup>2</sup> of raw vegetables classified as conventional from each city

	✓	✗
Broccoli	Raleigh	Chicago
Cabbage	Los Angeles	New York
Celery	Los Angeles	New York
Lettuce	Dallas	Chicago
Spinach	Dallas	New York

Use your **Berkeley Life Nitric Oxide Test Strip** 90minutes after nitrate rich meal to see your real-time Nitric Oxide levels.