

Oxalates and Nitrates

A guide for dietary nitrates and oxalate-sensitive patients

Balancing Needs and Concerns

Some individuals are sensitive to oxalates, which are abundant in plant foods and may contribute to health issues in excess. Coincidentally, our best food sources of dietary nitrate are also quite high in oxalates. While some people may need to limit high-oxalate foods, they will unfortunately be missing out on dietary nitrate and other critical micronutrients.

This makes supplementing with dietary nitrate ESSENTIAL while on a low oxalate diet.

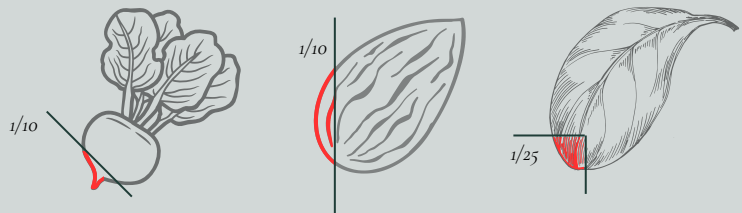
**The Berkeley Life Nitric Oxide Foundation product contains
0.7 mg of oxalate per serving (2 capsules).**

This is equivalent to:

1/10 of an almond

1/25 of a spinach leaf

1/10 oz of cooked beets



*This amount of oxalate is negligible. Meanwhile our Foundation product provides **314 mg** of dietary nitrate.*

As a healthcare practitioner, we know your number one priority is using rigorously tested, scientifically validated supplement formulas with your patients. The Berkeley Life Foundation formula meets these standards of rigorous scientific validation. While there may be other products in the marketplace that claim to have zero oxalates, these formulas have no rigorous clinical trials to validate their use or efficacy with patients.

Berkeley Life Foundation sets the standard for evidence-based nitrate supplementation in patients with and without oxalate sensitivity.