Fast Acting Arginine Complex with Nitrosigine®

**INGREDIENTS**
Nitrosigine® is a patented ingredient of bonded arginine silicate. It has been clinically shown to significantly boost nitric oxide (NO) levels, a key factor in increasing blood flow to working muscles. Nitrosigine® is engineered to take effect in as quickly as 30 minutes. Nitrosigine® keeps delivering benefits through your entire workout, for up to 3 hours – after just a single dose! With continued use, nitric oxide levels build over time, leading to even better blood flow and vessel flexibility. Look for Nitrosigine® in your pre-workout products and get the pump you want.*

**BENEFITS**
Fast Acting Arginine Complex with Nitrosigine:
- Significantly enhances arginine and silicon levels*  
- Significantly helps boost nitric oxide (NO) levels, a key factor in increasing blood flow*  
- Significantly enhances blood proteins related to vasodilation and heart health*  
- Takes effect in as quickly as 30 minutes and keeps delivering benefits up to 3 hours after a single dose*  
- Gluten Free/Non-GMO/Soy Free/Vegan.

What is Nitrosigine®?
Nitrosigine®, a novel, patented complex of bonded arginine silicate. Arginine is an amino acid used by the body to produce nitric oxide. Arginine is used as a substrate for the enzyme nitric oxide synthase, which is required for the production of nitric oxide in the body. Nitric oxide dilates blood vessels and increases blood flow. Nitric oxide is a substance critical for the maintenance of normal vascular function. Clinical trials have shown that oral arginine supplementation contributes to enhanced exercise tolerance because of its ability to help enhance cardiac circulation and vasodilation of blood vessels. Nitric oxide, the product of the arginine-nitric oxide pathway, also increases oxygen supply and protects the heart and other organs from damage and death. Nitric oxide mediates a number of physiological effects on the cardiovascular system, including supporting healthy endothelial function, enhancing cardiovascular health and displaying potent antioxidant properties against free radical species.  

**Why Nitrosigine® over L-Arginine?**
Nitrosigine® demonstrates superiority over arginine in elevating blood flow markers. Bradykinin, a peptide raised by Nitrosigine®, enhances blood flow through mediation of vasodilation by increasing nitric oxide levels. The enhanced blood flow during and after exercise may help with muscle growth and recovery.* Nitrosigine® almost doubles maximum blood flow compared to control, or Arginine HCl.*

**Advantages of Silicon**
Silicon, high silicon levels are present in arteries, maintaining the integrity of the lining of the aortic tissue. Silicon makes the inner lining of arterial tissue (tunica intima) less permeable. The aorta and the carotid artery of healthy persons contain much more silicon compared to arteries lined with plaque. Nitrosigine® has been shown to provide over 200% increase in silicon absorption compared to normal dietary intake.*

**CLINICAL STUDIES**
A clinical trial was performed to observe the benefits of using Nitrosigine®. Ten healthy males, took 1500 mg of Nitrosigine® for 14 days. Fasting blood and saliva collections were drawn from 30 minutes until 4 hours after receiving a dose. The study demonstrated that supplementation with Nitrosigine® resulted in a continually rapid increase in arginine and silicon levels for the first hour after receiving a dose. The test performed 4 hours after supplementation showed serum arginine and silicon levels remained elevated above baseline. After 14 days of use baseline levels of arginine appeared to be higher than on day one. A second clinical trial was performed on arginine silicate, Nitrosigine®, to determine its effects on markers of cardiovascular health. Human pharma-

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>2 Tablets</th>
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<tr>
<td>Servings Per Container</td>
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<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calcium (from dicalcium phosphate)</td>
<td>93 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Potassium</td>
<td>60 mg</td>
<td>&lt;2%</td>
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<tr>
<td>Arginine Silicate Inositol (Nitrosigine®)</td>
<td>1500 mg</td>
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† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid (vegetable source), hydroxypropyl cellulose; magnesium stearate (vegetable source), clear coating (hypromellose, glycerin).

**Suggested Adult Use:** Take 2 tablets daily, preferably without food, or as recommended by a nutritionally-informed physician.

**WARNING:** Not intended for individuals under the age of 18. Consult your physician if pregnant, nursing, have a medical condition, taking nitrates, warfarin, sildenafil (Viagra), medications for hypertension, diabetes, or other supplement that may lower blood pressure while taking in concomitant with this product. Keep out of reach of children.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
cokinetic data show increased blood levels of these nutrients between 0.5 and 3 hours after administration. In order to evaluate proteomic changes due to ASI, blood samples were taken in healthy adult males during 14 days of Nitrosigine® administration, 1500 mg per day. Compared to pre-dose levels, the 6-hour post-dose protein analyses resulted in statistically significant changes in the levels of 73 proteins. With 14 days of Nitrosigine® use, levels of 87 out of 107 (81%) proteins changed significantly from pre-dose baseline. Proteins found to have the greatest percent increase were those associated with vasodilation and cardiovascular health. Proteins found to have the greatest percent decrease were those associated with cardiovascular, renal and metabolic dysfunction. Post-dose changes in blood arginine and silicon levels were significantly correlated with changes in proteins. In conclusion, Nitrosigine® supplementation significantly improved plasma protein concentrations associated with cardiovascular health after a single dose, and to an even greater extent, after 14 days of administration.11

In a small, double-blind, randomized controlled crossover trial, twelve healthy older-aged adults took supplemental arginine or placebo for 14 days, and treatments were then crossed over after a 14-day washout period. Flow-mediated dilation (a measure of endothelial function) of the brachial artery was monitored by ultrasound. Arginine improved flow-mediated dilation whereas placebo had no effect. Since endothelial function is normally compromised in healthy adults as we age, the results indicate that arginine is a useful supplemental nutrient to promote healthy endothelial function in healthy, aging individuals.13

**SCIENTIFIC REFERENCES**