

Nitric Oxide: The Secret to Lasting Health and Optimal Performance

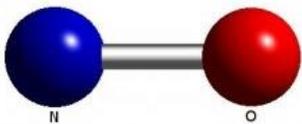
Running on empty?

Your body takes the **FUEL** (from the food you eat) and the **OXYGEN** (from the air you breathe), converting it into the cellular **ENERGY** that powers your heart, lungs, and muscles. The most recent, scientific research shows that a low levels of a short-lived gas called nitric oxide (NO) will impair this essential, energy production process.



The power of NO

If your NO level is low, then your physical, mental and sexual health will be greatly impaired. The facts are that with a low NO level, the ability for physical training to make you stronger, fitter, or faster, will not only be limited, but it can actually have the opposite effect causing fatigue, injury, and illness. But with an NO level in the optimal range, your body will respond positively to training. And greater, more consistent energy is just one of the many benefits you'll begin to feel.



An optimal NO level will also improve:

Blood flow

Oxygen delivery

Power output

Mental focus

Depth of sleep

Mood

Immune strength

Blood pressure

Cardiovascular health

Want to know your NO level?

Thanks to recent advancements in at-home assessment technology, you can easily measure your NO level. With just a simple, morning saliva assessment you'll know exactly when your body is primed for peak performance.



Want to optimize your NO?

Then flip this page over to find out how you can achieve lasting health and optimal performance.

Make a high nitric oxide level your first health and performance priority.



Begin by eating more fresh fruits and vegetables, especially greens and reds. Your body requires the nitrates found in dark, green vegetables, beets, pomegranates, and berries to produce NO. If these foods are lacking in your diet—or if your digestive system has been compromised by a high sugar/processed food diet, or a bacterial imbalance—your nitric oxide level will likely be low. In addition, those who are over 40, have poor sleep habits, are under stress, over train, use prescription or recreational drugs, or drink alcohol are all susceptible to a nitric oxide deficiency.

Take the next step.

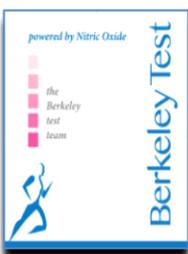
Give your body what it needs to succeed. Use Core 4 Nutrition's proven products and protocols for an optimal NO level—and measurable health and performance results!



Packed with a powerful blend of more than 50 different fruits, vegetables, and herbs, **Chocoberry Blast** is formulated to give your body an abundant supply of the naturally-occurring nutrients found in the fresh, raw fruits and vegetables it needs to create NO. It's an effective—and tasteful—way to provide vital nourishment to your body.



Charge! is a great tasting and convenient tablet that dissolves in your mouth to deliver a potent, nitric-oxide-boosting blend of beets, pomegranate, spinach, kale, hawthorn berry, and green tea. When used regularly, this rich mixture of natural, plant-derived nitrates will restore your NO to an optimal level greatly improving your performance.



Nitric Oxide Assessment. These simple, at-home assessment will allow you to regularly assess your restorative progress. All that's required is a single drop of saliva (placed on a single, NO assessment strip upon waking). The reagent on the strip will change color, revealing the status of your body's NO supply.



NO: The Secret to Optimal Performance. In this practical and easy-to follow guide, you'll learn which specific foods, supplements, and assessments to use to maximize your NO health. A trouble shooting section is included for those who are interested in pursuing a more aggressive restoration strategy. **Download for your free copy at:**

<http://core4nutrition.com/solutions>

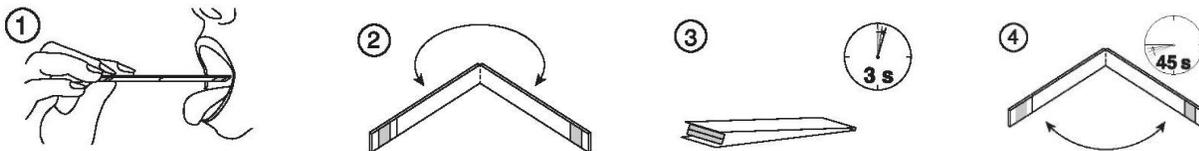
Nitric Oxide Assessment

Preparation Prior to Assessment

Wait 10 days to perform the assessment following the use of oral antibiotics, and two days after the use of antiseptic mouthwash. Both destroy the natural bacteria found in the mouth and gastrointestinal tract which are necessary in the conversion of dietary nitrate to nitric oxide.

Assessment Instructions

Upon waking in the morning (prior to eating or drinking anything): (1) place the collection end of test strip in your mouth and then (2) fold the strip to transfer the saliva to the testing end. (3) After 3 seconds, open the strip and (4) wait 45 seconds.



Interpret your Results

Compare the color of the test strip pad to the chart on the strip packet or color chart below. The goal is to have a result in the **OPTIMAL** range. A lighter pink shade indicates that you have a less-than-optimal NO level.



Repeat every two to three days until you have used all ten strips. Record the results on the back of this page and note how any fluctuations or definitive changes in your activity, lifestyle, and/or diet affect your nitric oxide results.

Optimal NO Level: Congratulations on achieving a huge health and performance milestone. Continue to track the status of your cellular health by reassessing your NO level a few days each month.

Threshold NO Level: Take steps to minimize your stress level and eat more nitrate-rich foods. Use Core 4's *Chocoberry Blast* and *Charge!* formulas for complete restoration of your NO level.

Depleted or Low NO Levels: Take action! Especially if you are over 40, a competitive athlete, or suffer from a NO-related health issue such as hormonal imbalance, sexual dysfunction, high blood pressure, or a blood sugar imbalances. Learn more about the importance of nitric oxide health in our free booklet, "The Secret to Cellular Health" available here at <http://core4nutrition.com/solutions>

Nitric Oxide Results



Strip	Date	Result	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			