

Nitric Oxide Indicator Strips

For a Healthy Cardiovascular System

Nitric Oxide Indicator Strips

Nitric Oxide Indicator Strips provide a fast, convenient, and reliable way to assess the body's nitric oxide levels. Nitric oxide is an essential molecule that supports circulation, cardiovascular function, immune response, muscle performance, and overall vitality. Whether you're looking to boost athletic performance, support heart health, or enhance overall well-being, Nitric Oxide Indicator Strips empower patients to take charge of their health, one simple test at a time.

Results can help guide treatment and care to:

- Provide real-time insights into nitric oxide status
- Support cardiovascular health and circulation♦
- Enhance endurance and muscle recovery♦
- Aid cognitive function and brain health♦
- Encourage healthy aging and vascular flexibility♦



The Importance of Monitoring Nitric Oxide Levels

Nitric oxide (NO) is a critical molecule involved in vascular health, circulation, cognitive function, immune response, and athletic performance. It plays a key role in endothelial function, supporting optimal blood flow, oxygen delivery, and cellular energy production.* Factors such as diet, aging, and lifestyle choices can impact the body's ability to produce and maintain adequate NO levels.

Nitric Oxide Indicator Strips offer a fast, convenient, and reliable way to assess NO status. By providing real-time insights, these test strips enable proactive interventions, including dietary modifications and NO-supporting supplementation, to help optimize cardiovascular function, endurance, and overall vitality.

How Nitric Oxide Indicator Strips Work

Nitric oxide production is heavily influenced by dietary nitrate intake, which is primarily found in leafy greens, beets, and NO-supporting supplements. When ingested, nitrates are converted into nitrite by oral bacteria, which then serves as a precursor to nitric oxide in the body. Low NO levels may indicate insufficient dietary nitrate intake or impaired NO synthesis, which can negatively impact cardiovascular and metabolic health.

Nitric Oxide Indicator Strips quickly evaluate whether the body's NO levels are within a healthy range. The simple, non-invasive, saliva-based test provides results in just 15 seconds, allowing practitioners to provide immediate assessment and make informed recommendations.

The Science Behind Nitric Oxide

Cardiovascular Health: Supporting Endothelial Function and Circulation♦

Nitric oxide is a key regulator of vasodilation, promoting healthy blood flow, blood pressure regulation, and overall cardiovascular function.♦ A decline in NO levels is associated with endothelial dysfunction, which can be a precursor to cardiovascular concerns.♦¹⁻³

Exercise Performance & Recovery: Enhancing Oxygen Utilization♦

NO plays a crucial role in oxygen delivery to muscles, helping reduce fatigue, support endurance, and improve recovery.♦ Studies have shown that increasing nitric oxide production through dietary nitrate intake or supplementation can enhance athletic performance, mitochondrial function, and muscle recovery.♦⁴⁻⁶

Cognitive Function: Supporting Brain Health and Mental Clarity♦

By promoting healthy blood flow to the brain, nitric oxide contributes to cognitive function, focus, and memory retention.♦ Research suggests that NO may support cognitive resilience, particularly in aging patients, by maintaining neuronal communication and vascular health in the brain.♦⁷⁻⁹

Immune Function: Regulating Inflammation and Cellular Defense♦

Nitric oxide plays an integral role in immune system regulation and healthy inflammatory response.♦ It is involved in cellular signaling pathways that help defend against pathogens and regulate oxidative stress, making it an essential component of immune resilience and recovery in patients.♦^{10,11}

Healthy Aging: Maintaining Vascular Flexibility and Cellular Health♦

As individuals age, NO production naturally declines, contributing to reduced circulation, muscle loss, and metabolic inefficiencies.♦ By monitoring NO levels and ensuring adequate dietary intake of nitrate-rich foods or NO-supporting supplements, practitioners can help their patients proactively support vascular function, cellular energy production, and longevity.♦¹²⁻¹⁴

Why Choose Nitric Oxide Indicator Strips?

Nitric Oxide Indicator Strips provide a science-backed, practical tool for healthcare providers to assess and guide patients toward better cardiovascular, metabolic, and cognitive health. Regular testing allows for the following:

- Personalized health recommendations based on a patient's real-time NO status
- Early detection of potential circulation and metabolic concerns
- A proactive approach to optimizing one's heart health, endurance, and overall vitality♦

Saliva Test Strip


DIRECTIONS: Use an indicator strip to determine your initial N-O level. Check your levels regularly (daily or weekly) to track progress. Aim to maintain an "optimal" reading consistently over time.


For best accuracy, measure your N-O levels first thing in the morning before eating or drinking.


10 Depleted	20 Low	110 Threshold	220 Target	435 High	870 Very High
----------------	-----------	------------------	---------------	-------------	------------------


15s umol/L


How to Use

 **Perform this test** upon waking up in the morning or wait 1-2 hours after eating or drinking.

 **Collect saliva** in your mouth and spit saliva into a spoon or small cup.

 **Dip test pads** of the Nitric Oxide test strip into the saliva for 3-5 seconds. Tap off excess saliva.

 Lay the strip horizontally on a flat surface and wait **15 seconds**.

 **Read the test results** carefully in a well-lit area with the test pads held near the color charts on the bottle.

References:

1. Bohlen HG. *Compr Physiol*. 2015;5(2):808-823.
2. Lundberg JO, Gladwin MT, Ahluwalia A, et al. *Nat Chem Biol*. 2009;5(12):865-869.
3. Moncada S, Higgs EA. *Br J Pharmacol*. 2006;147(Suppl 1):S193-S201.
4. Bailey SJ, Winyard P, Vanhatalo A, et al. *J Appl Physiol* (1985). 2009;107(4):1144-1155.
5. Muggeridge DJ, Howe CC, Spondiff O, et al. *Med Sci Sports Exerc*. 2014;46(1):143-150.
6. Domínguez R, Cuenca E, Maté-Muñoz JL, et al. *Nutrients*. 2017;9(1):43.
7. Nakhaee S, Azadi R, Salehinia H, et al. *Sci Rep*. 2024;14(1):30020.
8. Mazuryk O, Gurgul I, Oszejka M, et al. *Antioxidants*. 2024;13(10):1213.
9. Hendrickx JO, Martinet W, Van Dam D, De Meyer GRY. *Front Mol Biosci*. 2021;8:651215.
10. Bogdan C. *Nat Immunol*. 2001;2(10):907-916.
11. Förstermann U, Sessa WC. *Eur Heart J*. 2012;33(7):829-837d.
12. Pourbagher-Shahri AM, Farkhondeh T, Talebi M, et al. *Molecules*. 2021;26(15):4533.
13. Sindler AL, Fleenor BS, Calvert JW, et al. *Aging Cell*. 2011;10(3):429-437.
14. Seals DR, Jablonski KL, Donato AJ. *Clin Sci (Lond)*. 2011;120(9):357-375.

♦ 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.

For more information, visit: www.nutridyn.com