

# IHHS Health & Wellness Center

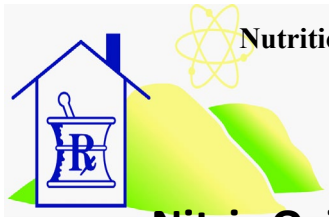
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**Anti-Aging Information**



## Nitric Oxide: The Body's Miracle Molecule

Neo-40 lozenges, Beet Elite, Nitro-Greens Whole Food Concentrate, ND Epigenetic/Active form B-vitamins, grape seed extract, and the herbs; beetroot, cocoa, hawthorn, hesperidin, and pomegranate., and nasal breathing, all increase this molecule in the blood stream. The ND products work at a cellular level to increase NO over 2-3 hours and are synergistic with NEO-40. The NEO-40 lozenge has a bi-phasic effect. With lozenges the first phase is direct release of NO in the mouth upon dissolution where it is rapidly absorbed and distributed throughout the body, bypassing the digestive tract. The second phase kicks in about 2.5 to 3 hours later, in which the amino acids and nutrients in the lozenge are absorbed in the digestive tract and delivered to cells to promote endothelial production of nitric oxide.

1. Prevents high blood pressure, which damages heart, brain, and kidneys
2. Keeps arteries young and flexible
3. Prevents, slows, or reverses arterial plaque in blood vessels of the heart and brain
4. Helps stop formation of blood clots in arteries
5. Lowers cholesterol [NEO-40 lowers triglyceride levels an average of 27% in adults with elevated levels]
6. Reduces risk of heart attack and stroke the #1 and #3 killers of Americans
7. Reduces the risk of diabetes and the complications that come from it such as chronic kidney disease, blindness, hard to heal foot and leg ulcers, and amputations
8. Limits the pain and swelling of arthritis and boosts the power of pain killing drugs.
9. Reverses erectile dysfunction
10. Calms the choking inflammation of asthma
11. Helps protect bones from osteoporosis
12. Helps provide mood lifting power behind antidepressant medications
13. Assists the immune system in killing bacteria
14. Is secreted by the papillae cells in the skin to send a message to hair follicles to regulate hair growth
15. Limits damage from the sun to the skin
16. Helps brain cells communicate with each other
17. Is capable of sending crucial signals within every cell, tissue, organ, and system in the body
18. Helps prevent altitude sickness
19. Helps with the breathlessness of chronic obstructive pulmonary disease
20. Increases blood flow to the eye to mitigate damage from glaucoma by promoting vasodilatation and improving contractility in the trabecular meshwork, ultimately helping to decrease of intraocular pressure and providing neuroprotection.
21. Helps on various levels metabolically with cancer, bladder issues, dementia, glaucoma, insomnia, chronic kidney disease, memory loss, depression, osteoporosis, stomach ulcers, sickle cell anemia, handling of stress and exercise.
22. Activates cells to produce new mitochondria, which increase the lifespan of cells and physical energy, when levels of NO are maintained.
23. Stimulates ATP energy production in the body and assists in maintaining a healthy weight when proper levels are maintained.

### Notes:

In humans, dietary nitrate from plants help the body produce nitric oxide. Look for plant sources grown closest to the soil for the highest levels. Examples are: Vegetables like lettuce, beets, carrots, celery, green beans, radish, spinach, arugula, parsley, cabbage, radishes, celery and collard greens, and fruits like strawberries, currents, gooseberries, raspberries and cherries, along with nut and seeds. Also Testosterone maintains endothelial tissue in blood vessels that releases nitric oxide. Supplementing low levels may also be of benefit and garlic can increase endothelial function in concert with other IHHS program products up to 110%.