

Berkeley Life

# Nitric Oxide (NO): The Root-Cause Solution for Blood Pressure, Sexual Function, and Beyond

**Maximizing patient outcomes and practice success with Berkeley Life**

Presented by Cathy Eason, MS, BCHN, Clinical Educator

NC-IMS Spring Grand Rounds  
Kannapolis NC – March 15, 2025

# Liability Disclaimer

The information presented here is provided for educational purposes only and is not intended to diagnose, treat, or cure any specific disease, nor a replacement for supervised healthcare. The author of this presentation is not liable for any use or misuse of the information provided herein.

Copyright © 2025 Berkeley Life. All rights reserved.

No part of this presentation may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the written permission of the publisher.

# Berkeley Life

## Building a Nitric Oxide Legacy



Offering **the industry's best and most complete** system for supporting adequate Nitric Oxide levels and setting up a foundation for total health.

**Science First** - Our supplement contains dietary nitrates clinically proven to boost NO levels, support healthy endothelial function and healthy blood pressure levels.

We put our **money back into the research** and look forward to sharing our newest outcomes with you soon with **4 more clinical trials underway!**

**We give back and do business with Integrity.** Berkeley Life is owned by Lifes2Good, and the Lifes2good Foundation is dedicated to empowering and educating marginalized and underserved communities through strategic impact projects. As the Berkeley Life brand grows, a portion of our proceeds go to fund the Lifes2good Foundation's global work.

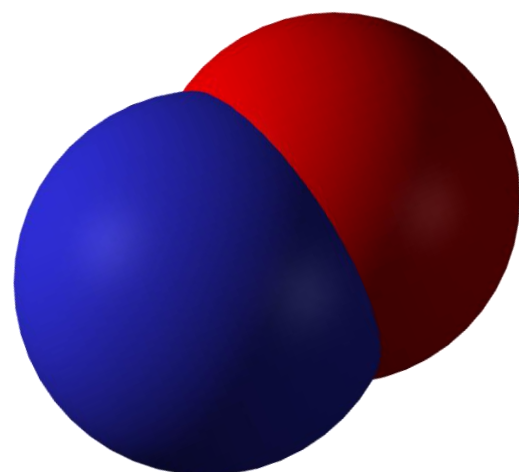


# Your Practice Partner

---

## **Cathy Eason, MS, BCHN, FNTTP** **Clinical Education Director**

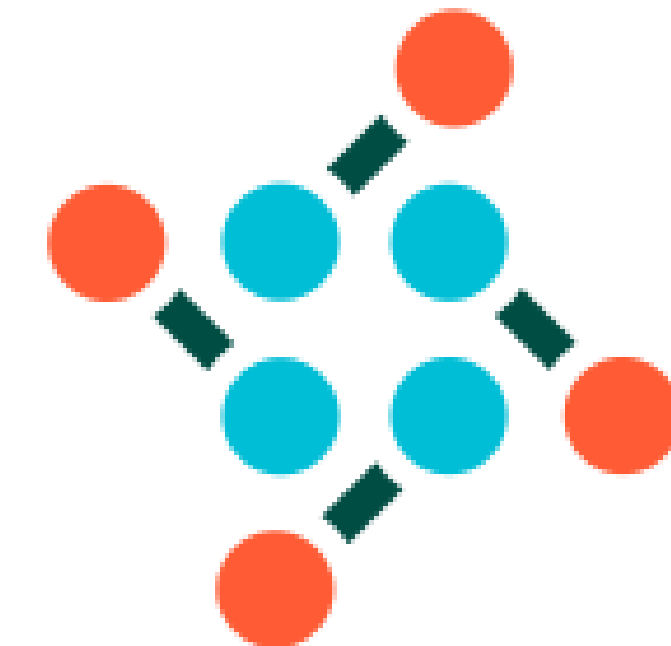
- Functional Nutritionist, Board Certified Holistic Nutrition®
- 20+ years clinical experience applying nutraceuticals in practice
- Specialties in digestive health, autoimmune disorders, neuroendocrine dysfunctions, metabolic imbalances
- Passionate about supporting HCP to succeed!
- Love to cook and share real food, play outdoors and enjoy nature, teach health and wellness, and create community



# Learning objectives:

---

- Understand the *Foundational* importance of the 'Miracle Molecule' Nitric Oxide (NO) in cardiometabolic dysfunctions and chronic disease care
- Gain clarity on the many roles of NO in regulation of nearly every body system, especially the cardiovascular and neuroendocrine systems
- Become equipped with clinical tools to assess and address NO dysregulation
- Review the latest gold-standard clinical research on the use of supplemental dietary nitrates for improving cardiometabolic health, hormone balance, and more



Do your results look like this?

Take 2 of the Berkeley Life NO Foundation capsules and set your timer for 90 minutes and then test again.





# Healthcare practitioners are witnessing an increasing epidemic of chronic disease

- 6 in 10 Americans have a chronic disease; 4 in 10 Americans have 2 or more
- Nearly 50% of all adults over age 30 show signs of gum disease, a gateway to systemic health
- *Many more exhibit preliminary trends and symptoms*

## Leading drivers of chronic disease and disability:

- Heart disease, esp. Hypertension, Stroke
- Cancer
- Diabetes/Insulin Resistance/Metabolic Syndrome
- Chronic kidney disease
- Chronic lung disease
- Alzheimer's disease and Cognitive Decline
- Anxiety and Depression

*\* Globally we are witnessing increased smoking, alcohol abuse, poor diet, physical inactivity, daily stress*

# Hypertension Statistics

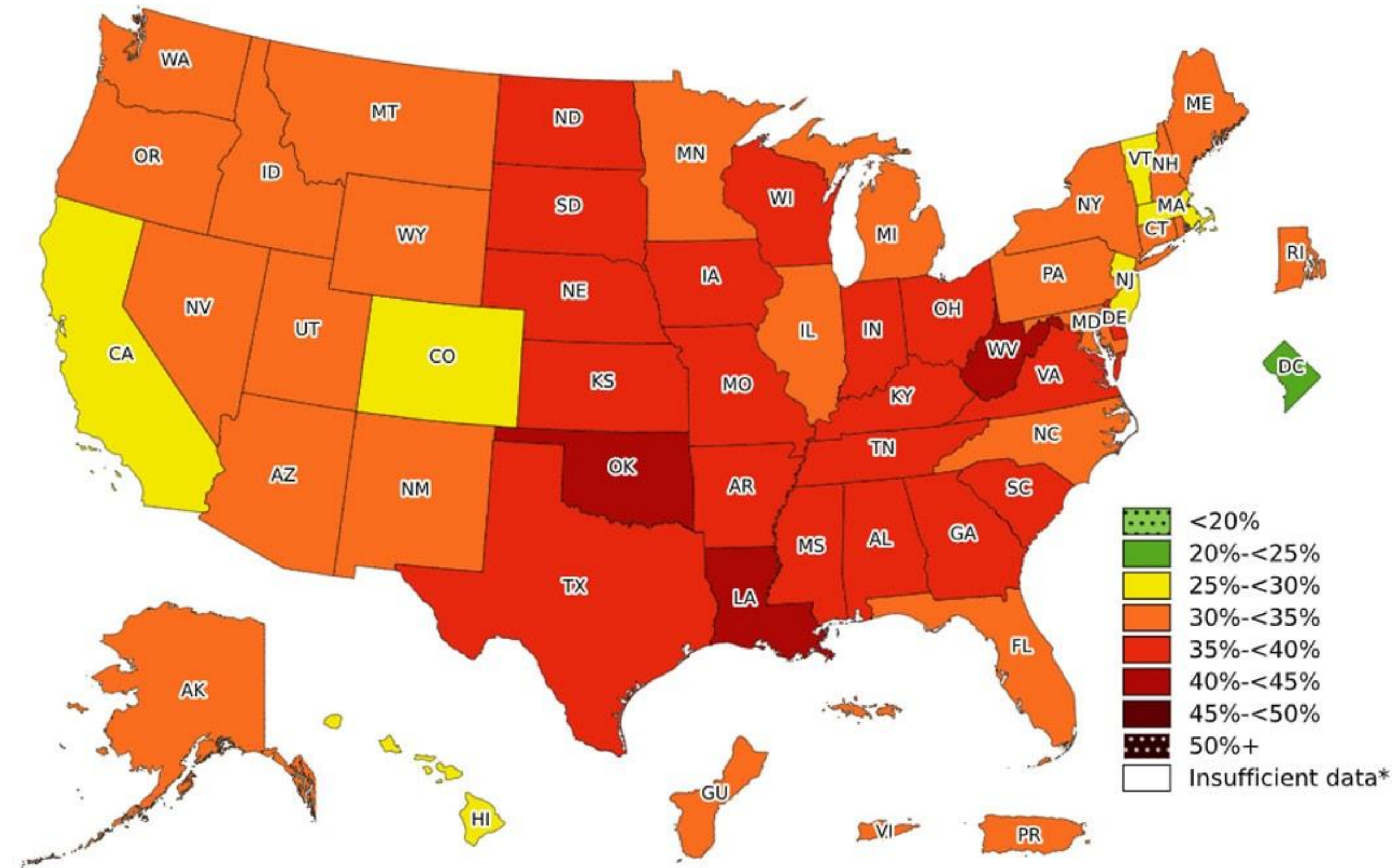
- **Nearly half of American adults have high blood pressure (HBP)**
- 75% of those with HBP do not have it under control
- 70% of Americans will have HBP in their lifetimes.
- Hypertension usually has no symptoms, patients can have HBP without knowing it.
- Hypertension is the leading cause of heart attack and stroke and the most significant controllable risk factor for these conditions.



Reference: <https://newsroom.heart.org/news/high-blood-pressure-is-out-of-control-in-america>  
<https://healthpolicy.usc.edu/evidence-base/many-americans-wrongly-assume-they-understand-what-normal-blood-pressure-is-and-that-false-confidence-can-be-deadly/#:~:text=About%2070%25%20of%20Americans%20will,have%20it%20without%20knowing%20it.>



# Obesity Statistics



- 2 in 5 Adults, and 1 in 5 children in the U.S. are classified as obese
- Fewer than 1 in 10 Americans eat recommended amount of vegetables
- Fewer than 1 in 4 Americans get adequate exercise
- Some medications contribute to weight gain, including drugs for diabetes, HBP and heart disease, steroids, mood stabilizers, contraceptives – creating a vicious cycle!

Sources: <https://www.cdc.gov/obesity/php/data-research/adult-obesity-prevalence-maps.html>

What is one of the primary  
(but often ignored) root drivers  
of all chronic disease?

**Suboptimal Blood Flow**

# Nitric Oxide and Chronic Disease

---

- Every single chronic disease is characterized by decreased blood flow to the affected organ/tissue.
- If you can restore blood flow and perfusion to every organ, tissue and cell in the body, you can correct most, if not all chronic diseases.

**How do we restore blood flow and perfusion  
to the specific organs and tissue?**

**With NO!**



Healthy  
blood flow  
is the  
foundation of  
wellness  
and healing.



# Why increased blood flow from NO matters



- **Increases Endothelial Function**
- Supports Healthy Oxygenation & Nutrient Perfusion
- Supports Healthy Blood Pressure
- Supports Cardiometabolic & Hormone Signaling
- **Regulates Inflammation & Oxidative Stress**
- Promotes Detoxification and Healthy Immune Function
- Promotes Vagal Tone & Signaling
- Supports Proper Glucose Disposal & Insulin Sensitivity
- Promotes Fat Burning
- **Supports Healthy Energy Metabolism & Mitochondrial Biogenesis**

Regulating the Inflammatory Process Balances Body Chemistry & Composition

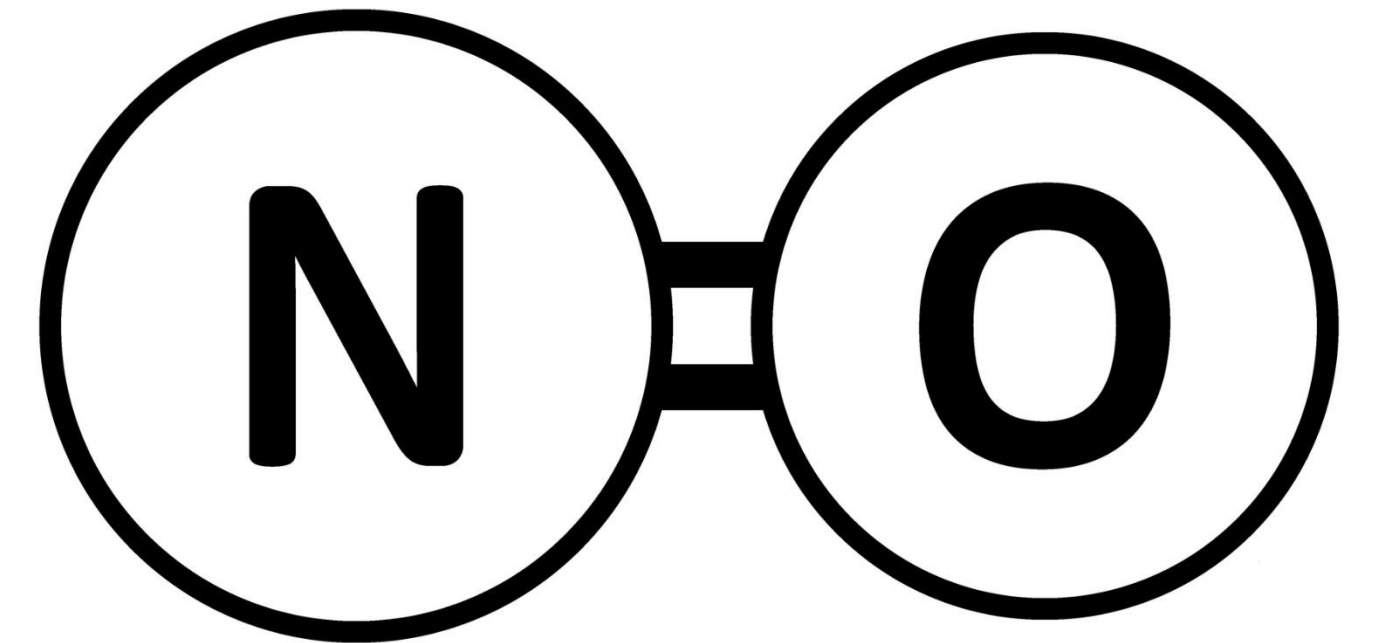


# Enter the 'Miracle Molecule': Nitric Oxide



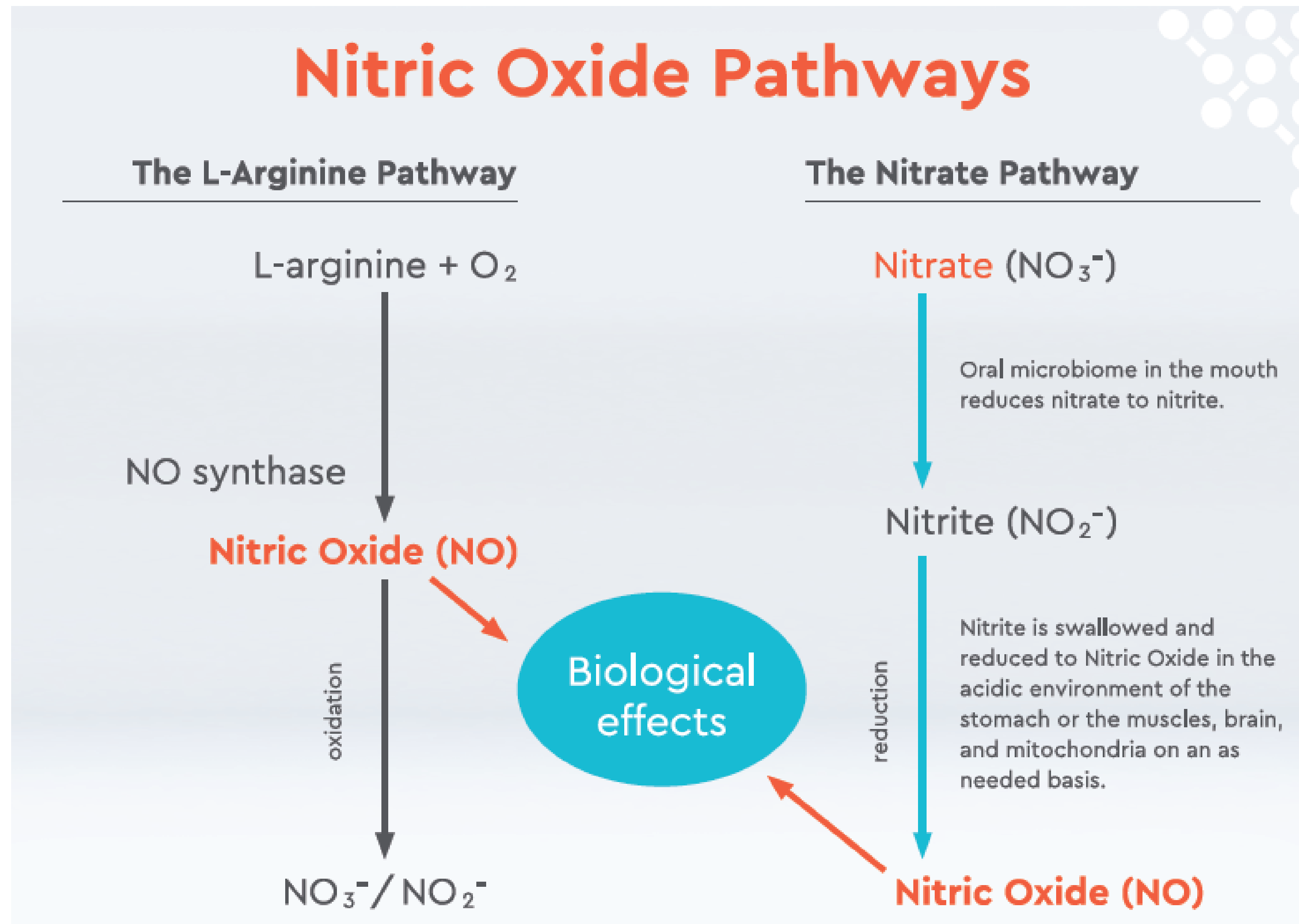
# Nitric Oxide is key to healthy blood flow

- Required for red blood cell delivery of oxygen from the lungs to tissues
- Regulates vascular tone
- Controls mitochondrial oxygen consumption
- Regulates hormone balance
- Transmits signals between neurons
- Suppresses pathogens
- And more...



# Two paths to obtain Nitric Oxide

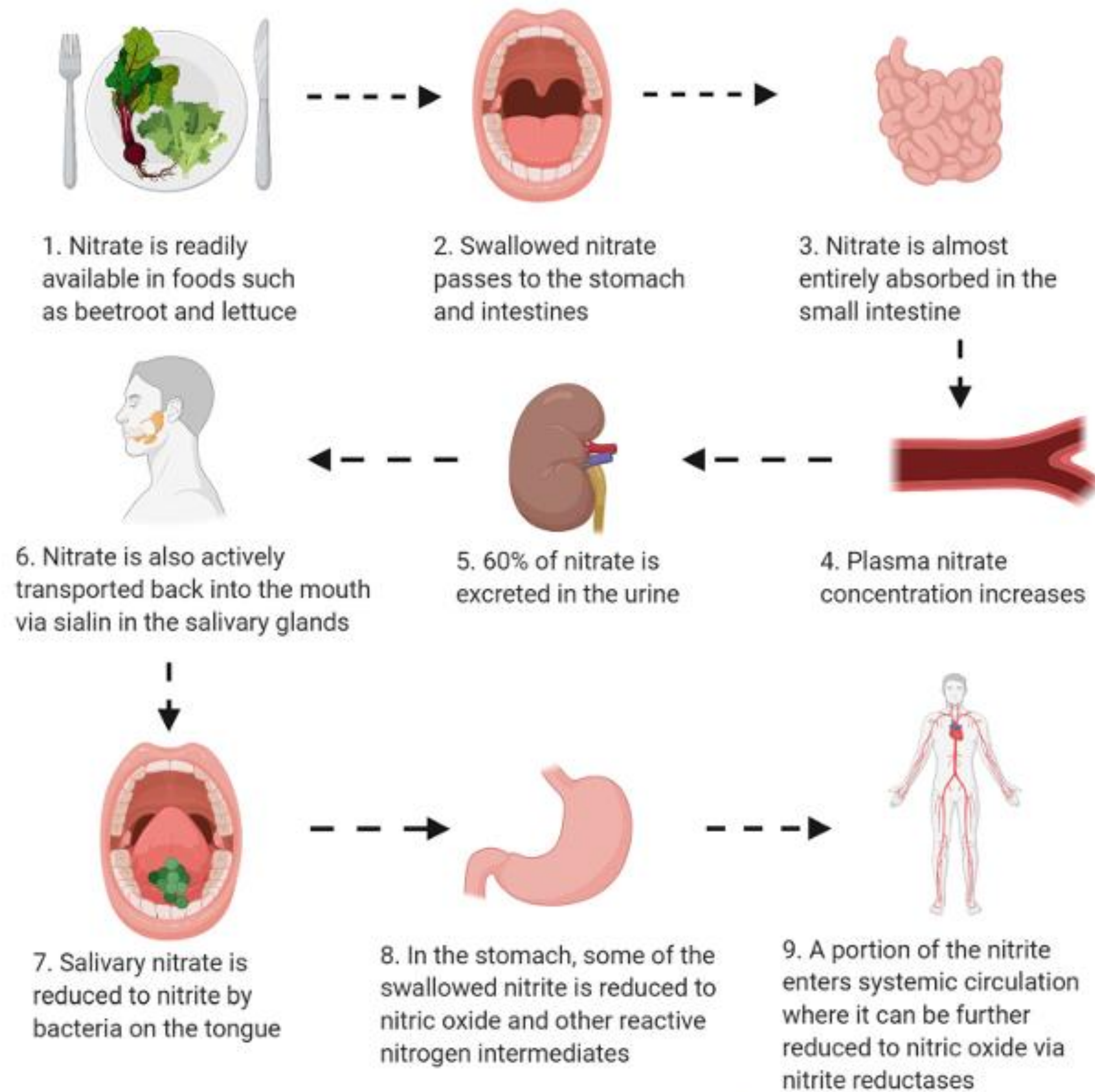
Enzyme-  
dependent  
pathway



Entero-  
salivary  
pathway



# Entero-salivary pathway



**Fig. 1** A schematic representation of the nitrate-nitrite-nitric oxide pathway. Created with [Biorender.com](https://biorender.com)

# Dietary Nitrates in Food<sup>(1)</sup>

| ✓✓✓✓✓       | ✓✓✓✓            | ✓✓✓         | ✓✓          | ✓                |
|-------------|-----------------|-------------|-------------|------------------|
| Arugula     | Chinese Cabbage | Broccoli    | Cauliflower | Asparagus        |
| Bok Choy    | Endive          | Cabbage     | Cucumber    | Brussels Sprouts |
| Celery      | Fennel          | Carrots     | Potato      | Garlic           |
| Lettuce     | Mustard Leaf    | Green Beans |             | Onions           |
| Spinach     | Radish          | Leeks       |             | Peas             |
| Swiss Chard | Red Beet Root   | Turnips     |             | Tomato           |

## How is Dietary Nitrate Concentration Impacted?<sup>(2)</sup>

Conventional vegetable nitrate values based on regional differences

Mean nitrate (NO<sub>3</sub><sup>-</sup>) concentrations<sup>1</sup> (ppm)<sup>2</sup> of raw vegetables classified as conventional from each city

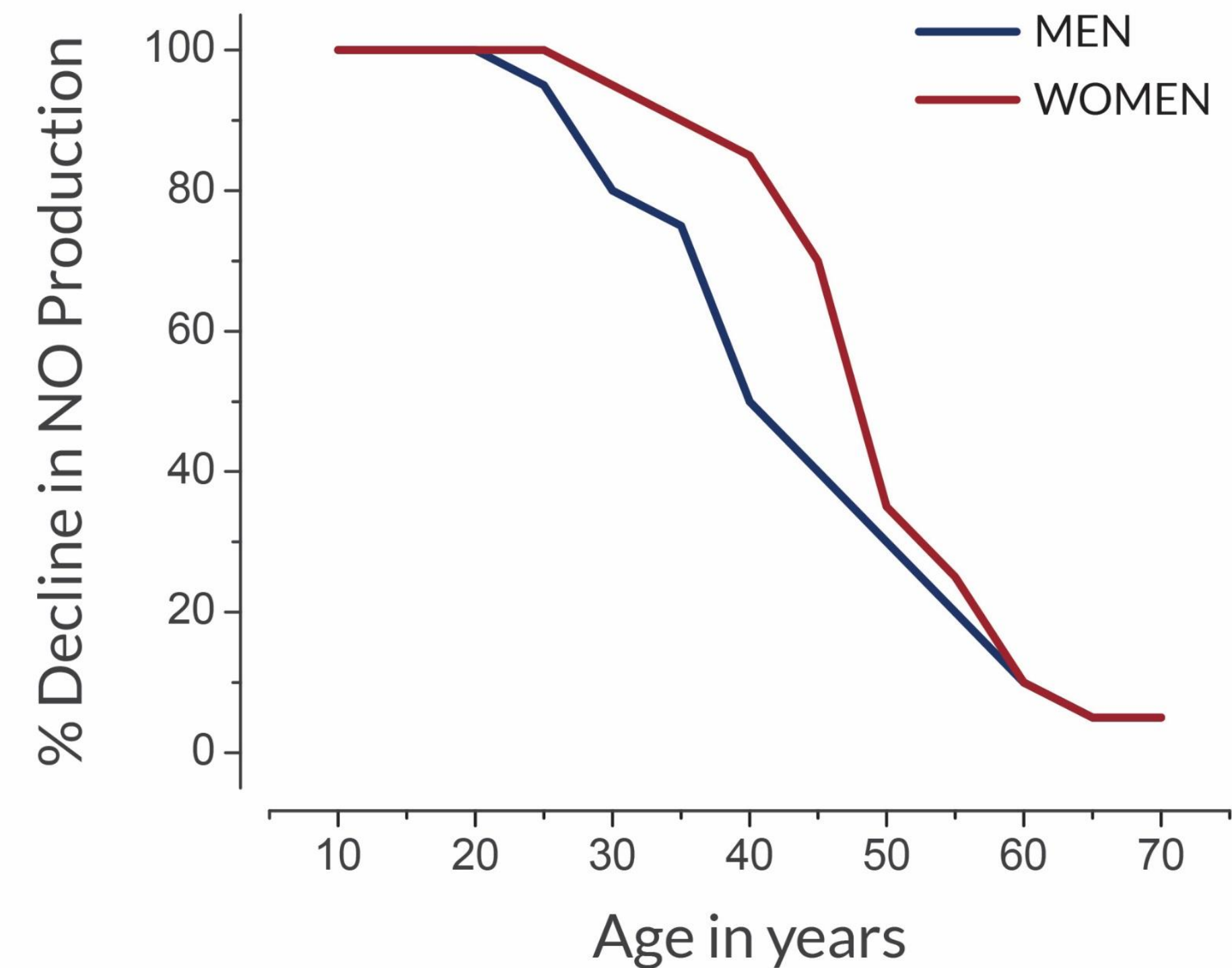
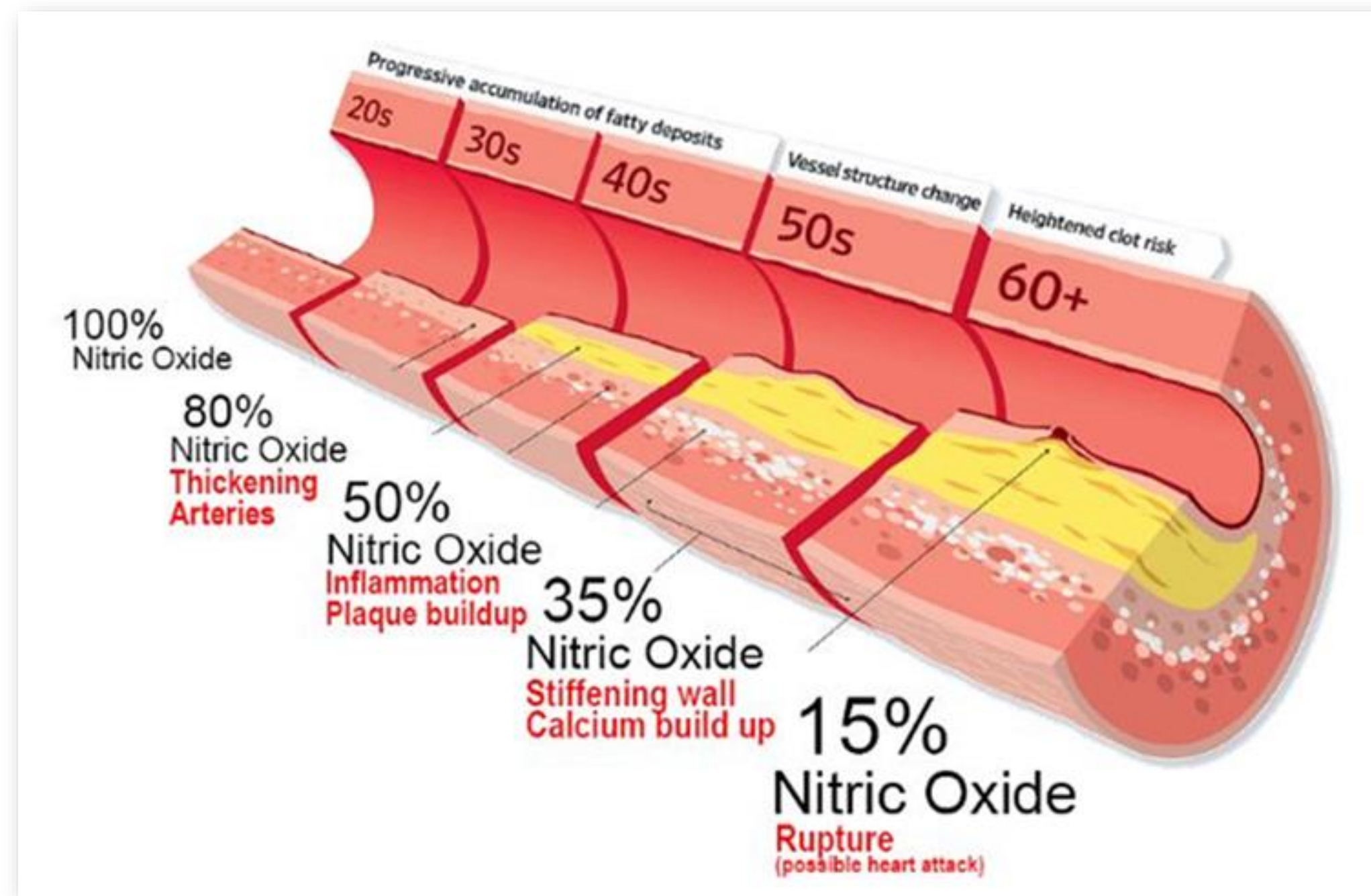
|          | ✓                        | ✗                    |
|----------|--------------------------|----------------------|
| Broccoli | Raleigh (553 ± 28)       | Chicago (271 ± 89)   |
| Cabbage  | Los Angeles (800 ±142)   | New York (193 ± 28)  |
| Celery   | Los Angeles (2651 ± 339) | New York (88 ± 17)   |
| Lettuce  | Dallas (1370 ± 93)       | Chicago (207 ± 32)   |
| Spinach  | Dallas (4923 ± 327)      | New York (564 ± 174) |

Use your **Berkeley Life Nitric Oxide Test Strip** 90mins after nitrate rich meal to see your real-time Nitric Oxide levels.

(1) British Journal of Clinical Pharmacology © 2012 The British Pharmacological Society. (2) Nunez de Gonzales et al J Food Sci. 2015 May;80(5):C942-9.



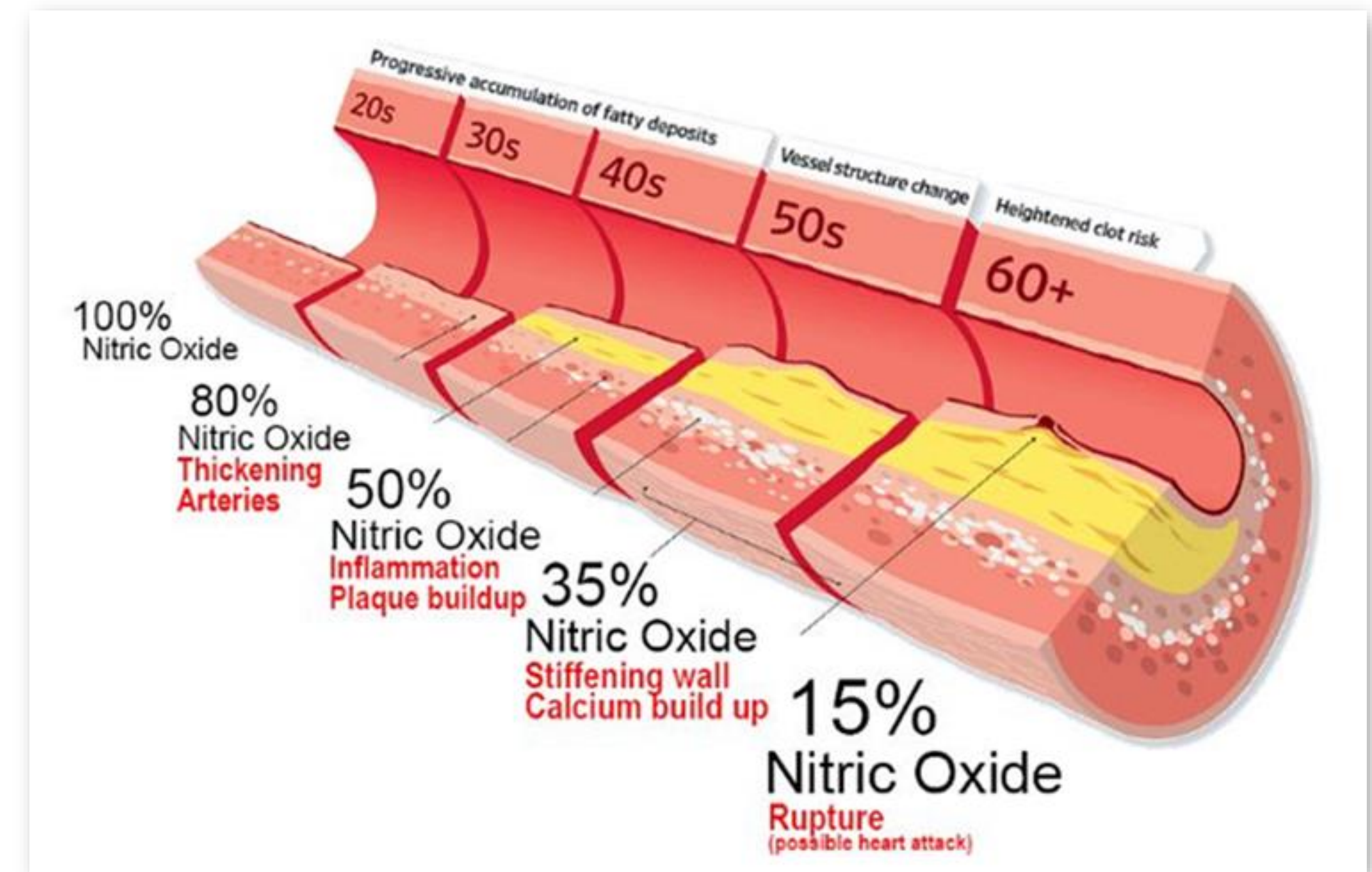
# Endothelial production of NO declines with age





# Vascular Aging

- Vascular aging is the major risk factor for CVD which is attributed to the loss of vascular elasticity and its ability for NO synthesis.
- Vascular endothelial cells are activated during regular exercise to increase the production of eNOS and NO bioavailability.
- *Increased* consumption of NO<sub>3</sub> rich foods are required in conjunction with exercise to delay the vascular aging due to reduced natural synthesis of NO with aging.
- **Increasing levels of oxidative stress are amplifying the decline of endothelial tissue**



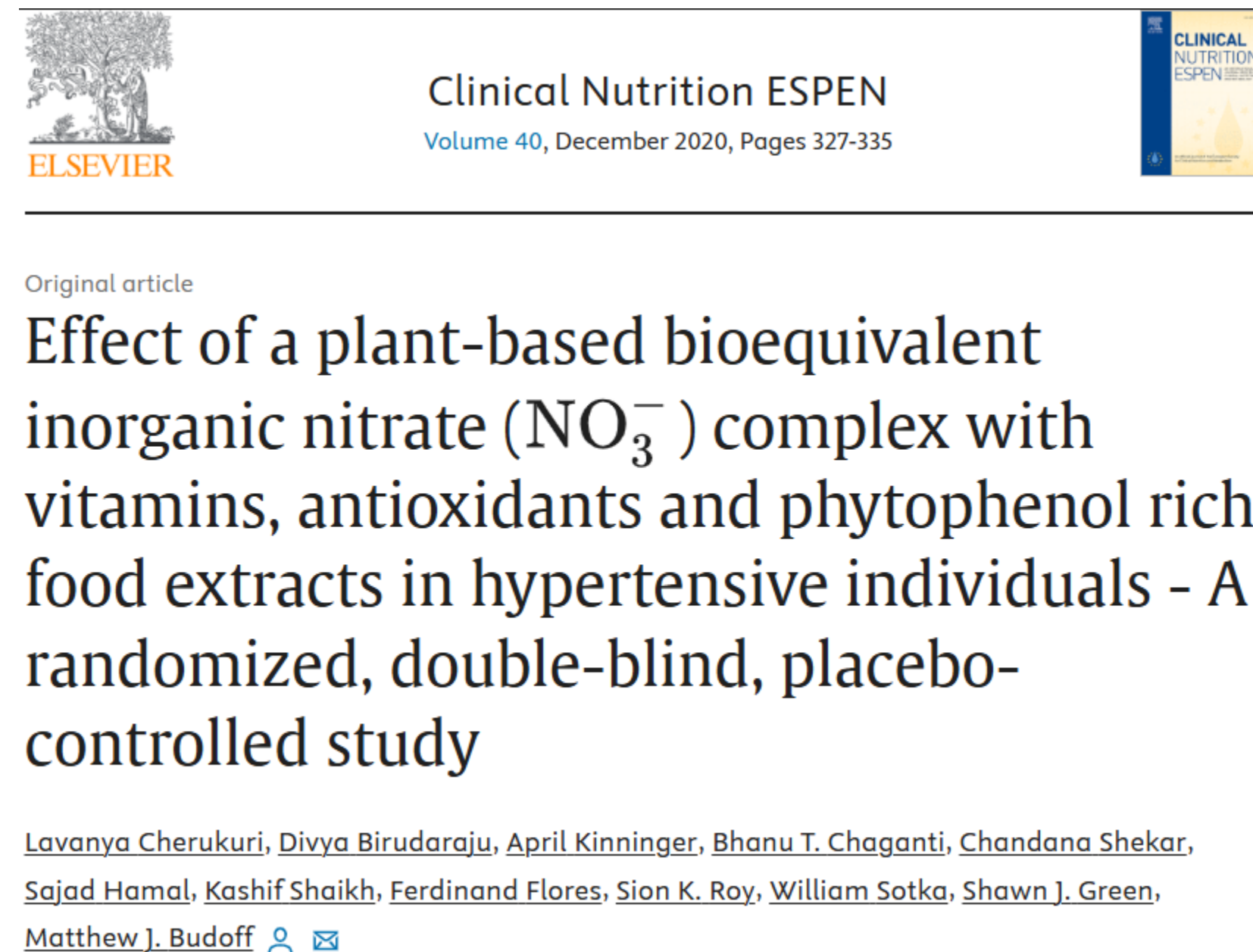
# Why focus on Nitric Oxide clinically?

---

- **Support healthy blood pressure**
- Keep arteries young and flexible
- **Prevent, slow, or reverse buildup of arterial plaques**
- Support gut healing/digestive function
- Calm inflammation
- Protect bones
- Promote wound healing
- Assist the immune system in killing pathogens
- Limit skin damage from sun
- Support balanced mood and anxiety levels
- Supports balanced vagal tone
- **Support healthy sexual function in men and women**
- **Maintain hormone balance**
- Reduce formation of blood clots
- Maintain healthy cholesterol levels
- Reduce risk of heart attack and stroke
- Support blood sugar and insulin regulation
- Improve physical stamina and athletic performance
- Enhanced mental acuity



Our randomized, double-blind, placebo-controlled clinical study showed an ***average systolic BP reduction of 12.5 points over 90 days*** without any diet or lifestyle or medication changes!



Link to Study: <https://www.sciencedirect.com/science/article/abs/pii/S2405457720301765>

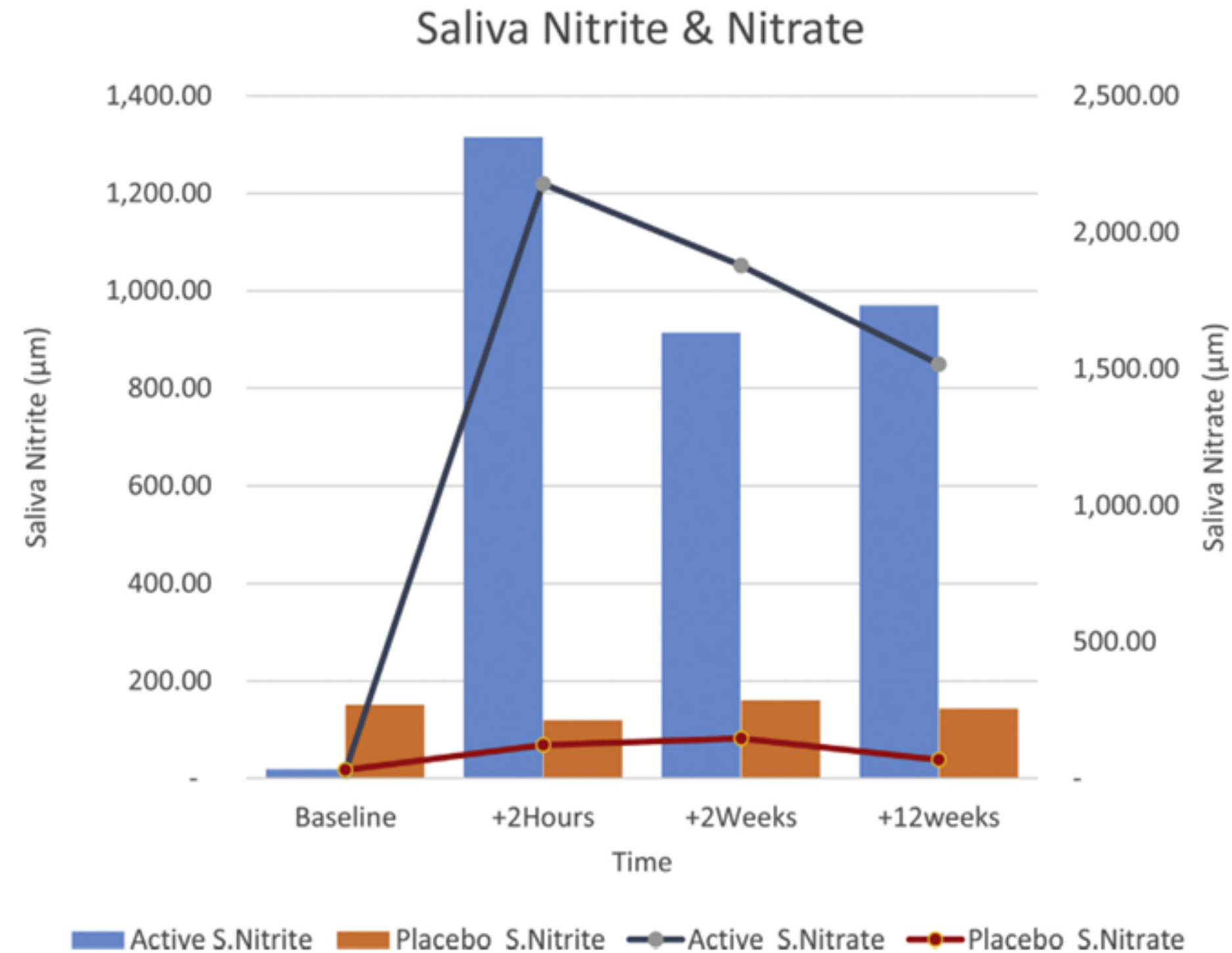


Fig. 3. Median salivary nitrite ( $\mu\text{M}$ ) and nitrate ( $\mu\text{M}$ ) values between active and group at each study visit.

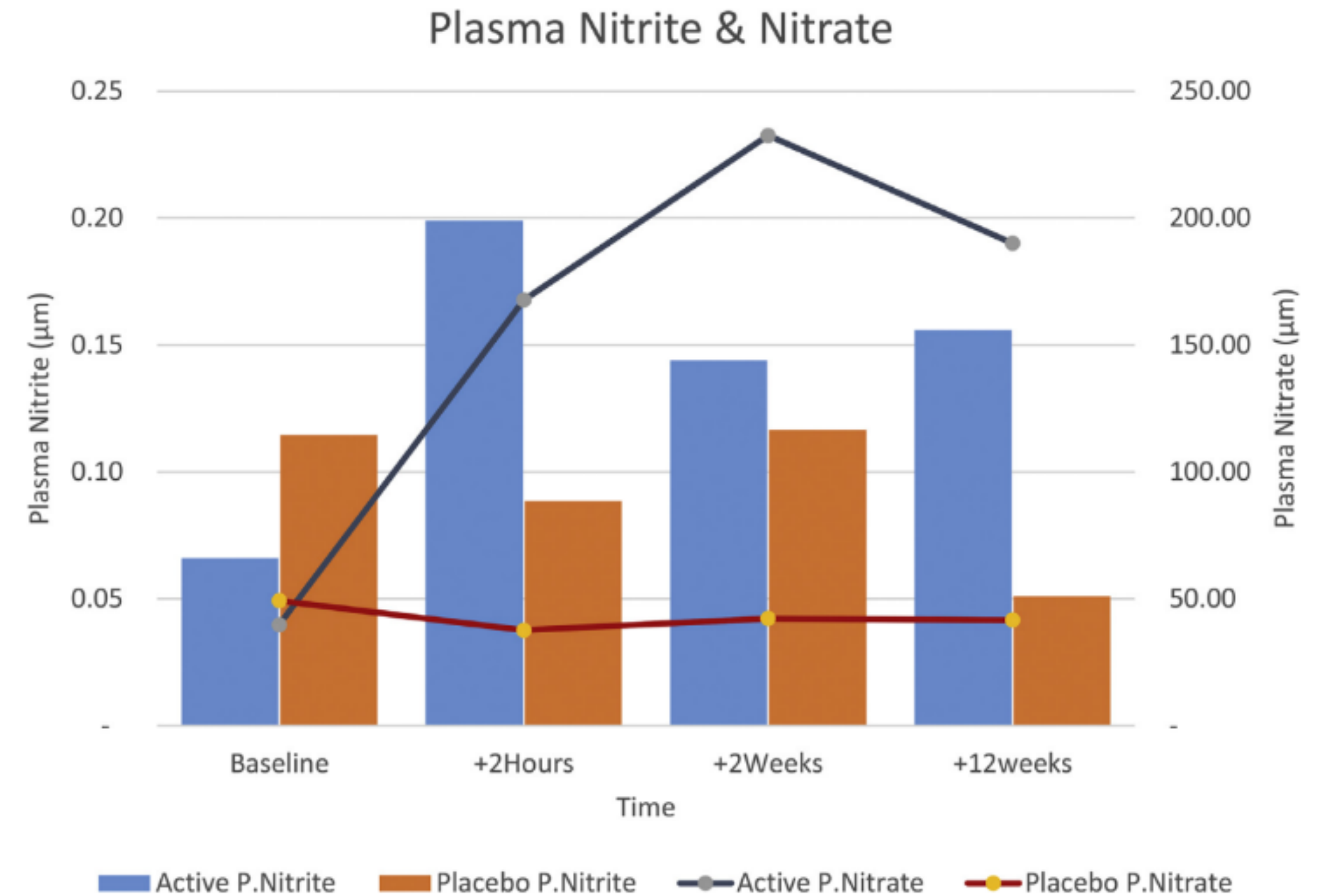


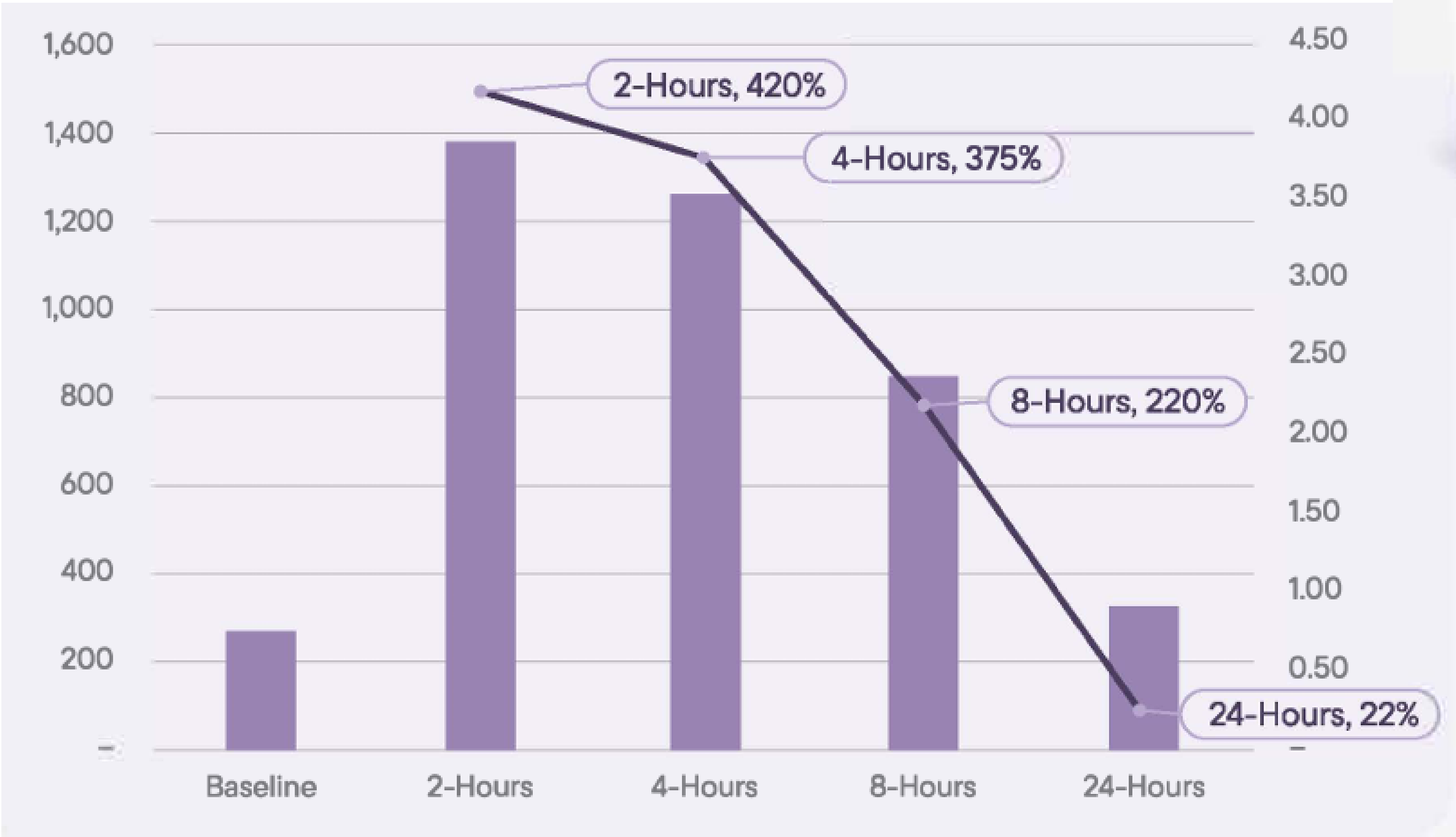
Fig. 2. Median plasma nitrite ( $\mu\text{M}$ ) and nitrate ( $\mu\text{M}$ ) values between active and placebo group at each study visit.

Nitrate supplementation increased plasma levels of Nitrate and Nitrite at all time points tested. Salivary Nitrite was also increased.

Link to Study: <https://www.sciencedirect.com/science/article/abs/pii/S2405457720301765>

# 24-Hour Duration of Effect

## Berkeley Life Foundation Capsules (2 caps)



# Why focus on Nitric Oxide clinically?

---

- **Support healthy blood pressure**
- Keep arteries young and flexible
- Prevent, slow, or reverse buildup of arterial plaques
- Support gut healing/digestive function
- **Calm inflammation**
- Protect bones
- Promote wound healing
- Assist the immune system in killing pathogens
- Limit skin damage from sun
- Support balanced mood and anxiety levels
- Supports balanced vagal tone
- **Support healthy sexual function in men and women**
- **Maintain hormone balance**
- Reduce formation of blood clots
- Maintain healthy cholesterol levels
- Reduce risk of heart attack and stroke
- Support blood sugar and insulin regulation
- Improve physical stamina and athletic performance
- Enhanced mental acuity



# NO and Sexual Health & Reproductive Function

NO is a signaling molecule that plays important roles in multiple sexual health and reproductive processes:

- **Modulates hypothalamic release of steroidal sex hormones for connection and arousal**
- Regulates release of oxytocin, the “love hormone”
- Increases blood flow and tissue perfusion necessary for penile erection and female receptivity
- Regulates sperm motility, capacitation, hyperactivation, and fertilization.
- Regulates ovulation hormones FSH and LHRH
- Maintains uterine-placental blood perfusion
- Regulates embryonic development (mitochondrial biogenesis)



<https://pmc.ncbi.nlm.nih.gov/articles/PMC8640491/>



# Female Sexual Function Clinical Pilot Study



PILOT STUDY

83% Experienced Improved Orgasm  
and Reduced Pain with Sex

New clinical pilot study reveals the impact of  
Nitric Oxide on Female Sexual Health

## Participant Feedback:

Statistical Improvements in Sexual Function.

57%

reported a subjective  
improvement in sexual function.

Majority

were on concurrent hormone replacement  
therapy (HRT) but saw benefits independent  
of HRT changes.

## Key Findings:

Statistical Improvements in Female Sexual Function:

- **Desire:** 75% reported improved desire.
- **Lubrication:** 58% experienced increased lubrication.
- **Orgasm:** 83% reported enhanced orgasm.
- **Discomfort:** 83% experienced reduced discomfort.

## Study Profile:

- **Participants:** 18 women enrolled, with a mean age of 60, with 14 completing the full protocol.
- **Health Background:** Mean baseline FSFI score of  $10.7 \pm 5.8$ , indicating sexual dysfunction.
- **Duration:** 60 days of consistent nitrate supplementation with 2 capsules of Berkeley Life Nitric Oxide Foundation per day.

# Berkeley Life Clinical Research

## Current Trials in Progress – Published end of 2025

- Female Sexual Function – Larger Clinical Trial – 60 Days
- Male Sexual Function - Efficacy of Dietary Nitrates on Erectile Dysfunction

## Planned Clinical Trials 2026

- Menopause, CVD Risk & NO – stay tuned!

# Why focus on Nitric Oxide clinically?

---

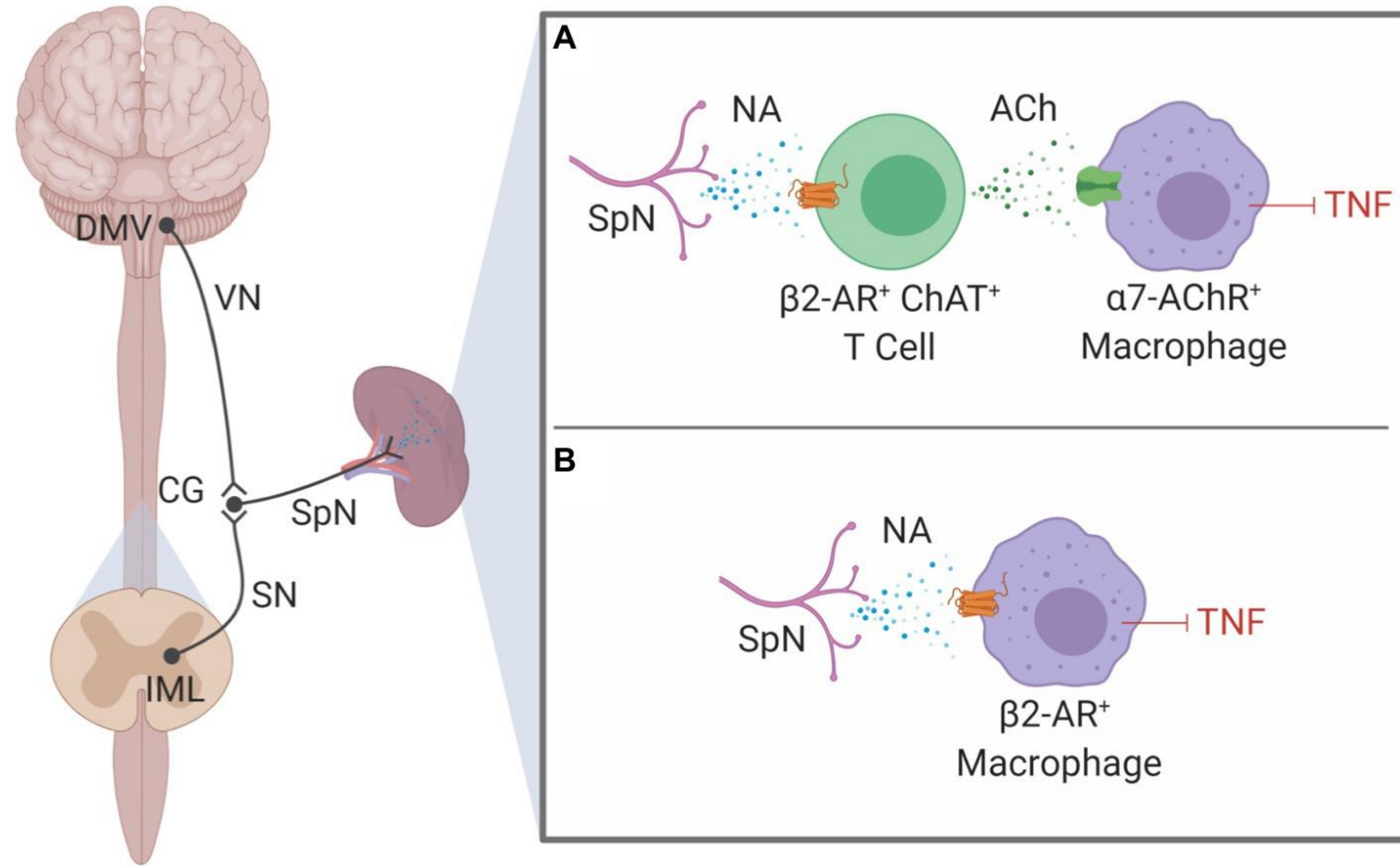
- **Support healthy blood pressure**
- Keep arteries young and flexible
- Prevent, slow, or reverse buildup of arterial plaques
- Support gut healing/digestive function
- **Calm inflammation**
- Protect bones
- Promote wound healing
- Assist the immune system in killing pathogens
- Limit skin damage from sun
- Support balanced mood and anxiety levels
- Supports balanced vagal tone
- **Support healthy sexual function in men and women**
- **Maintain hormone balance**
- Reduce formation of blood clots
- Maintain healthy cholesterol levels
- Reduce risk of heart attack and stroke
- Support blood sugar and insulin regulation
- Improve physical stamina and athletic performance
- Enhanced mental acuity



# NO and Vagal Tone

Nitric Oxide modulates the activity of the Vagus Nerve:

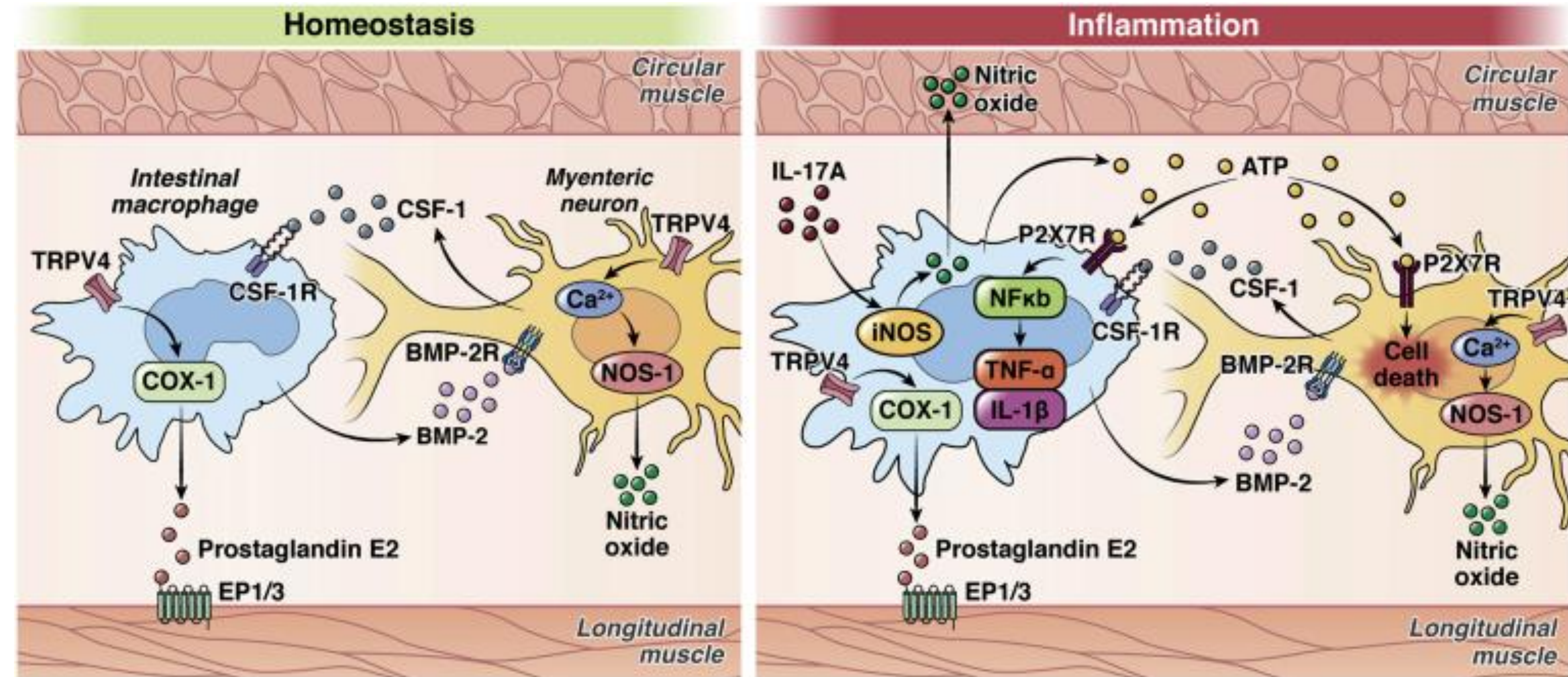
- Functions as neurotransmitter to influence vagal tone
- Released by vagus nerve to impact blood flow to the gut
- Influences release of Acetylcholine which modulates GI inflammation and tight junction integrity





Macrophages in the intestinal lumen express iNOS and become activated to an inflammatory phenotype under dysbiotic conditions.

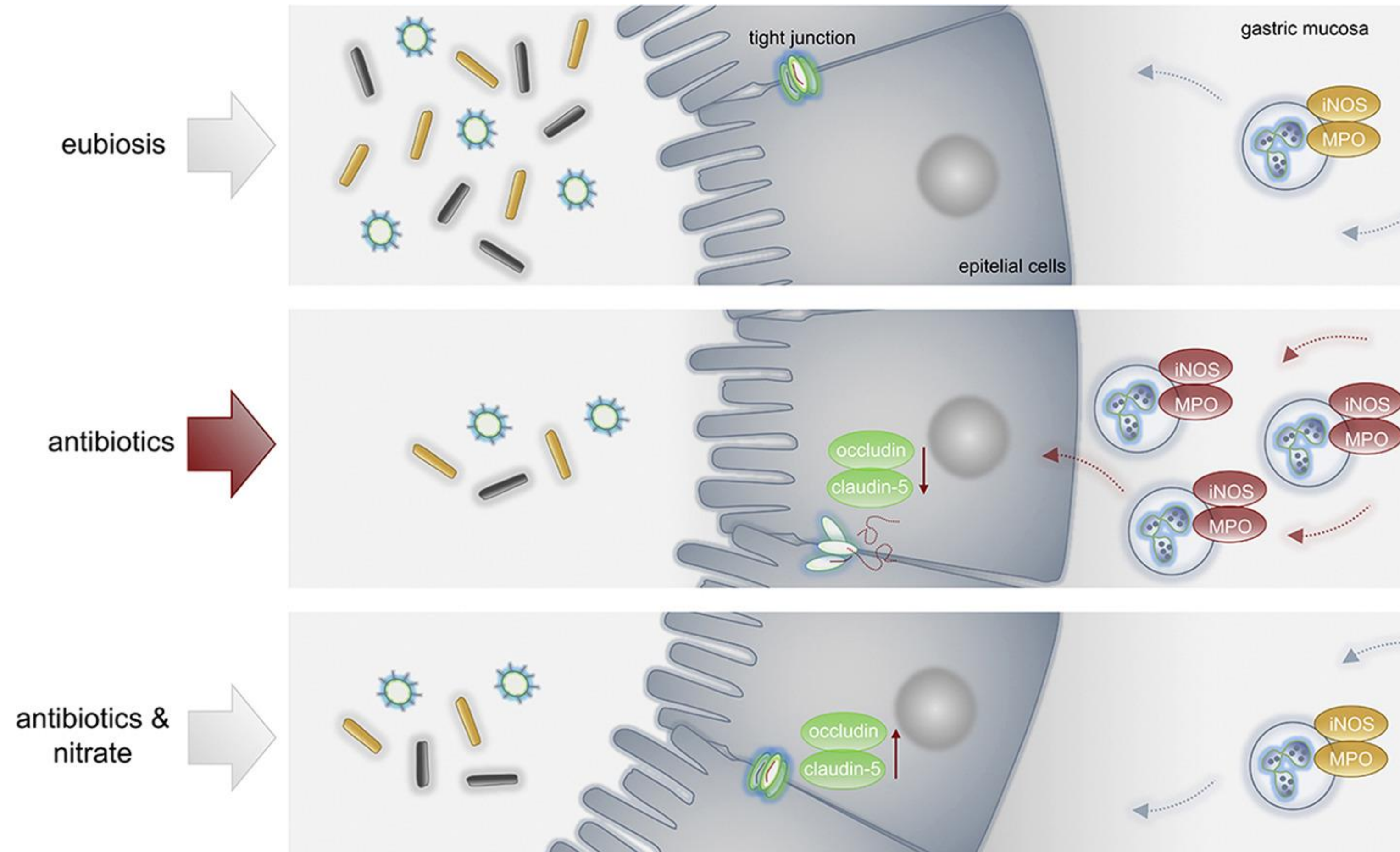
Supporting healthy NO through dietary nitrate can combat dysbiosis and inhibit macrophage activation through the cholinergic pathway.





# NO and Gut Healing

Nitric Oxide modulates the tight junctions of the gut and Inorganic Nitrate protects and promotes a healthy microbiome while increasing mucosal barrier function and tight junction integrity.





## Major beneficial actions of NO in the mechanism of gastrointestinal mucosal defense

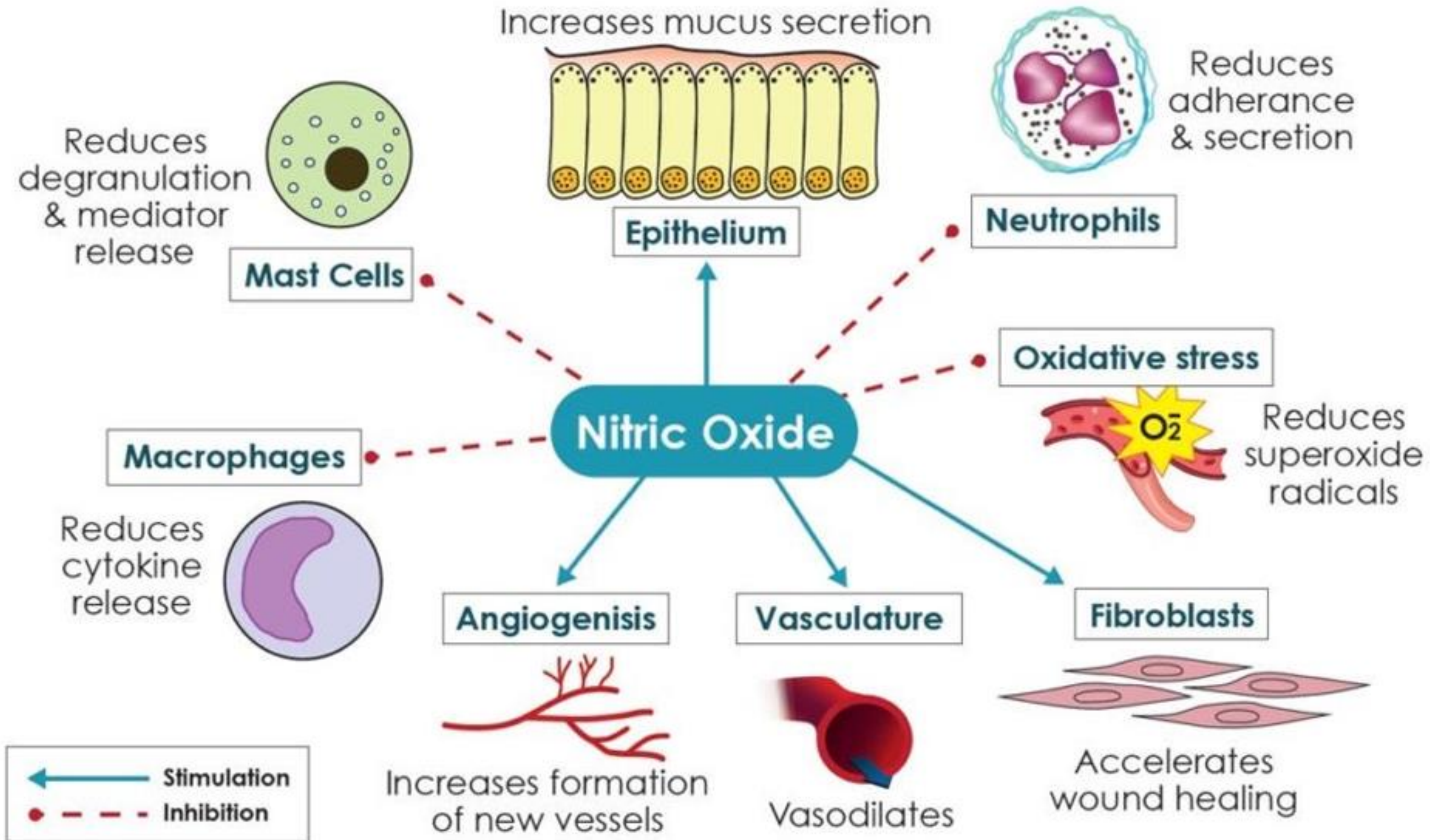


Diagram: Magierowski, M.; Magierowska, K.; Kwiecien, S.; Brzozowski, T. Gaseous Mediators Nitric Oxide and Hydrogen Sulfide in the Mechanism of Gastrointestinal Integrity, Protection and Ulcer Healing. *Molecules* 2015, 20, 9099-9123.

# Roles of NO in Metabolism & Weight Management

- Chronic inflammation is associated with obesity and metabolic disease.
- The anti-inflammatory properties of NO help reduce local and systemic inflammation and support weight loss.
- “Nitric oxide (NO) is a signaling molecule that plays a key role in the pathogenesis of inflammation. It gives an anti-inflammatory effect under normal physiological conditions.” <https://pubmed.ncbi.nlm.nih.gov/18236016/>

**NO controls inflammation to help more easily manage a healthy weight**



# NO Regulation of Appetite

**Ghrelin:** aka the "hunger hormone", produced mainly in stomach, stimulates appetite, increasing food intake and promoting fat storage and energy production

- Improves digestion by stimulating stomach and intestinal motility, and by increasing pancreatic enzyme secretion
- Promotes growth hormone activity, increasing bone & muscle strength in adults

NO regulates ghrelin levels through its action on the autonomic nervous system, inhibiting ghrelin release in the parasympathetic "rest & digest" phase

"Ghrelin is the endogenous ligand for the growth hormone secretagogue receptor and stimulates growth hormone and gastrointestinal motility...nitric oxide (NO) plays an important role as a mediator of feeding induced by a variety of neuropeptides." <https://pubmed.ncbi.nlm.nih.gov/12948844/>

**NO regulates the appropriate response of the hunger hormone**



# NO Regulation of Satiety

**Leptin:** Hormone produced by adipose tissue (fat) that signals satiety and helps regulate energy balance by inhibiting hunger.

- Signals the brain regarding stored energy that can be used to create energy
- Increases thermogenesis to increase body temperature by burning fat stores
- NO and Leptin work together to control energy generation, glucose and fat metabolism, and body weight and composition
- Adequate NO production is important for proper leptin function, and impaired NO production may contribute to leptin resistance, a condition where the body doesn't respond effectively to leptin signals, often leading to increased appetite and weight gain.

“NO is a fundamental signal for the action of leptin in all types of tissues including adipocytes, neurons, immune cells, muscle, or  $\beta$ -cells.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6769456/>

**NO regulates the appropriate response of the satiety hormone**

# NO Regulation of Blood Sugar & Energy Production

**Insulin:** Hormone produced by the pancreas, regulates blood sugar levels by transporting glucose from the blood stream and into the cells for use in producing energy

- NO is involved in the insulin signaling pathway via the CNS, and adequate NO levels are essential for insulin sensitivity (function)
- Insulin plays a role in appetite regulation, and impaired NO production may contribute to insulin resistance associated with obesity and type 2 diabetes.

“NO enhances glucose uptake in skeletal muscle by increasing the translocation of glucose transporter 4 (GLUT4) to the cell surface. This action improves insulin sensitivity, which is crucial for effective glucose regulation and prevention of excess fat storage.” <https://pubmed.ncbi.nlm.nih.gov/19106310/>

**NO regulates the appropriate sensitivity of the blood sugar hormone**

# NO Regulation of Glucose and Lipid Metabolism

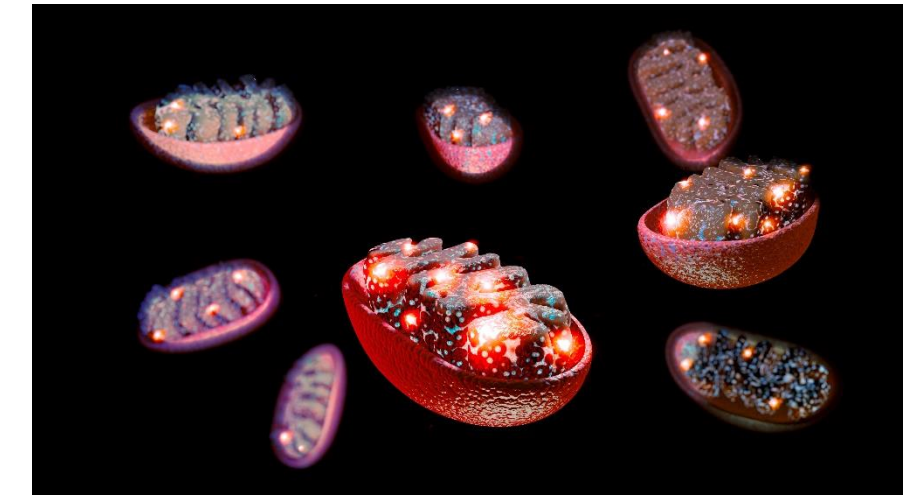
- NO has been shown to increase glucose uptake and insulin sensitivity. Better glucose regulation can help in managing body weight by reducing the likelihood of excess glucose being stored as fat, especially visceral fat which is a risk factor for cardiovascular disease. <https://pubmed.ncbi.nlm.nih.gov/19106310/>
- NO also plays a role in lipid metabolism by promoting fatty acid oxidation. This helps in breaking down fats and reducing their accumulation in the body, thereby supporting weight management and metabolic health. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3594115/>

**NO regulates glucose and fat accumulation so we do not store more than needed to meet the average energy demands of the body**





# Nitric Oxide Regulation of Mitochondrial Energy Production



- NO is involved in the regulation of mitochondrial function and biogenesis (creation of new, healthy mitochondria).
- Healthy mitochondria are crucial for efficient energy production and fat oxidation, which are important for weight loss.

“Mitochondrial biogenesis is triggered by NO through activation of guanylate cyclase and generation of cyclic GMP, and yields formation of functionally active mitochondria. Thus, the combined action of NO at its two known intracellular receptors, cytochrome c oxidase and guanylate cyclase, appears to play a role in coupling energy generation with energy demand.”

<https://pubmed.ncbi.nlm.nih.gov/16091305/>

**NO regulates generation of new mitochondria for increased energy production**



# Top Signs of Low NO in Cardiometabolic Disorder Patients

## Inflammation secondary to:

- Digestive dysfunction; poor nutrient assimilation; lack of satiety
- Blood sugar imbalances (insulin resistance » metabolic syndrome » diabetes)
- Borderline or High Blood Pressure (diagnosed or undiagnosed; family history)
- Poor energy levels » low stamina for activities of daily living
- Sexual function issues – male ED and female sexual dysfunction
- Perimenopause/Menopause & Andropause symptoms; hormone imbalance
- Foggy thinking, poor memory, lack of focus » Cognitive Decline
- Premature signs of aging – dry wrinkled skin, brittle hair & nails, hair loss
- Cold hands and/or feet » Neuropathies
- Chronic immune challenges/infections; slowed wound healing



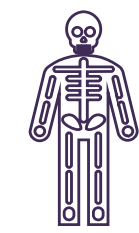
# Nitric Oxide Clinical Applications:



**Cardiovascular Function/Homeostasis**



Gastric Function



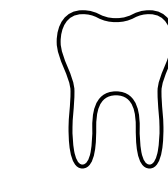
Sexual Function & Hormone Production



Stem Cell Treatments and Hyperbarics



Neuropathy/Diabetes



Oral Health



Cognitive Function and Neurogenesis



Aesthetics & Anti-Aging



Exercise Performance & Recovery

Help your patients restore GI integrity and function, improve hormone signaling, reduce inflammation, increase mitochondrial energy production, and feel better, faster by leveraging the healing power of Nitric Oxide!

Supporting optimal Nitric Oxide levels allows  
everything else to work better

=

***Increased Protocol Efficacy***  
**Reduced Total Supplement Burden!**

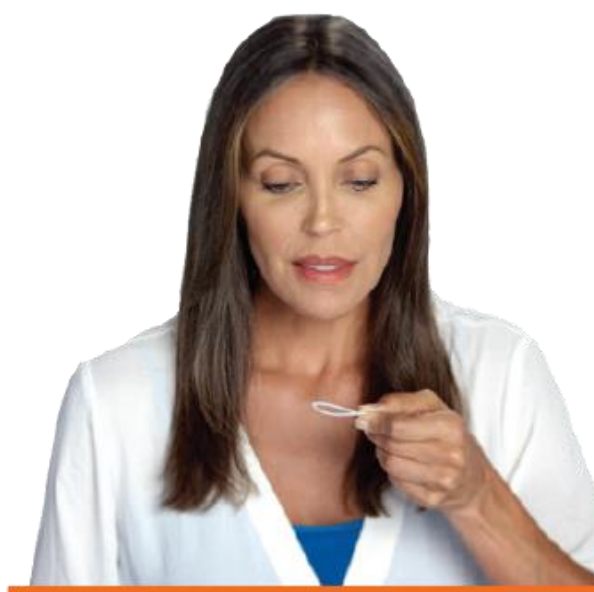


# How can I tell if my patient has suboptimal NO?

## **We've got a test for that!**



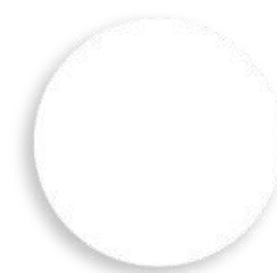
Place the "saliva side here" end of the strip on your tongue for 5 seconds.



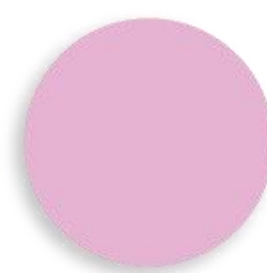
Fold the strip and press the two pads together for 5 seconds. Unfold and compare your results to the scale below or on the strip tube.



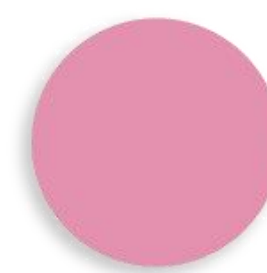
Take two tablets once a day, with water and after food. 90 minutes following supplementation, test your Nitric Oxide again.



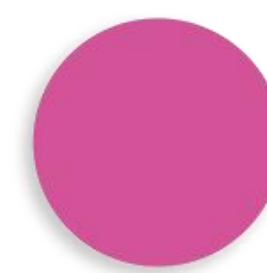
DEPLETED



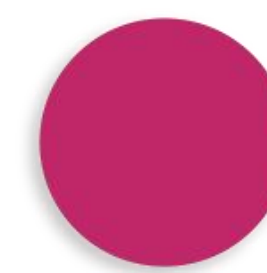
LOW



THRESHOLD



TARGET



HIGH

# Nitric Oxide Test Strips



Do your results look like this?

Take 2 of the capsules and set your watch to 90 minutes!





# 3 – Step Protocol

## The Total Nitric Oxide Solution

### Test

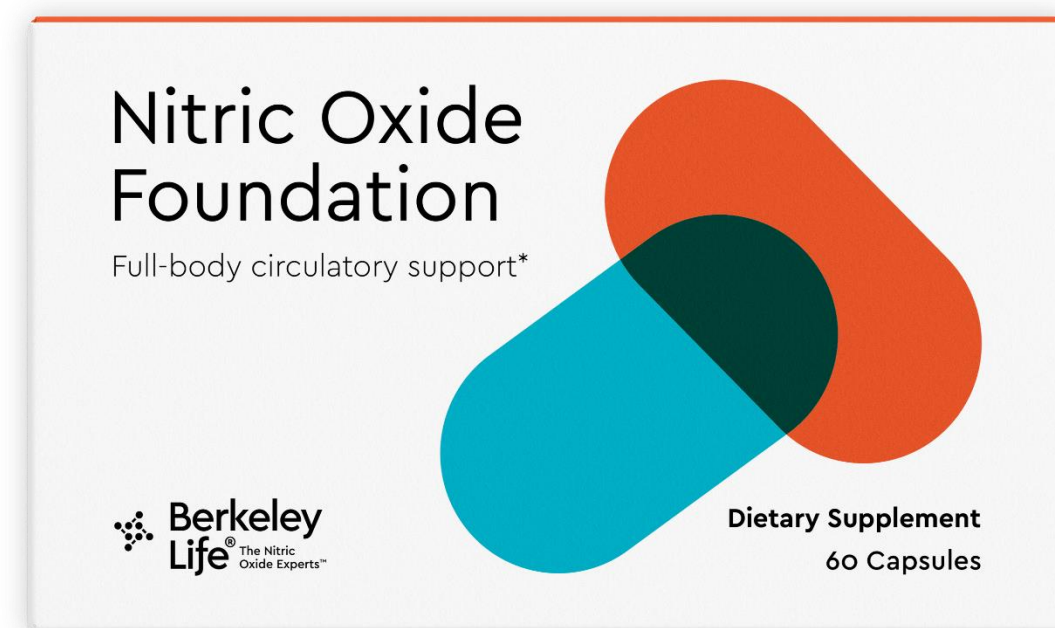
Salivary Nitrite



1

### Build

Dietary nitrate intake



2

### Balance

Nitrate-converting oral microbiome



3

### Boost

Targeted nutrient intake for symptom-specific support



# Nitric Oxide Repletion

## Step 1: Build



# Build a Healthy Nitrate-Rich Diet

## Increase consumption of Nitrate-Rich Foods

- Arugula (rocket lettuce)
- Beets
- Bok choy
- Celery
- Chinese cabbage
- Fennel



- Kale
- Parsley
- Radishes
- Spinach
- Swiss chard
- Turnips





# Build: Healthy Lifestyle

- Physical activity & Exercise
- Nasal breathing/breathwork
- Sleep quality
- Stress management
- Smoking/vaping cessation
- Oral Hygiene
- Stress Management

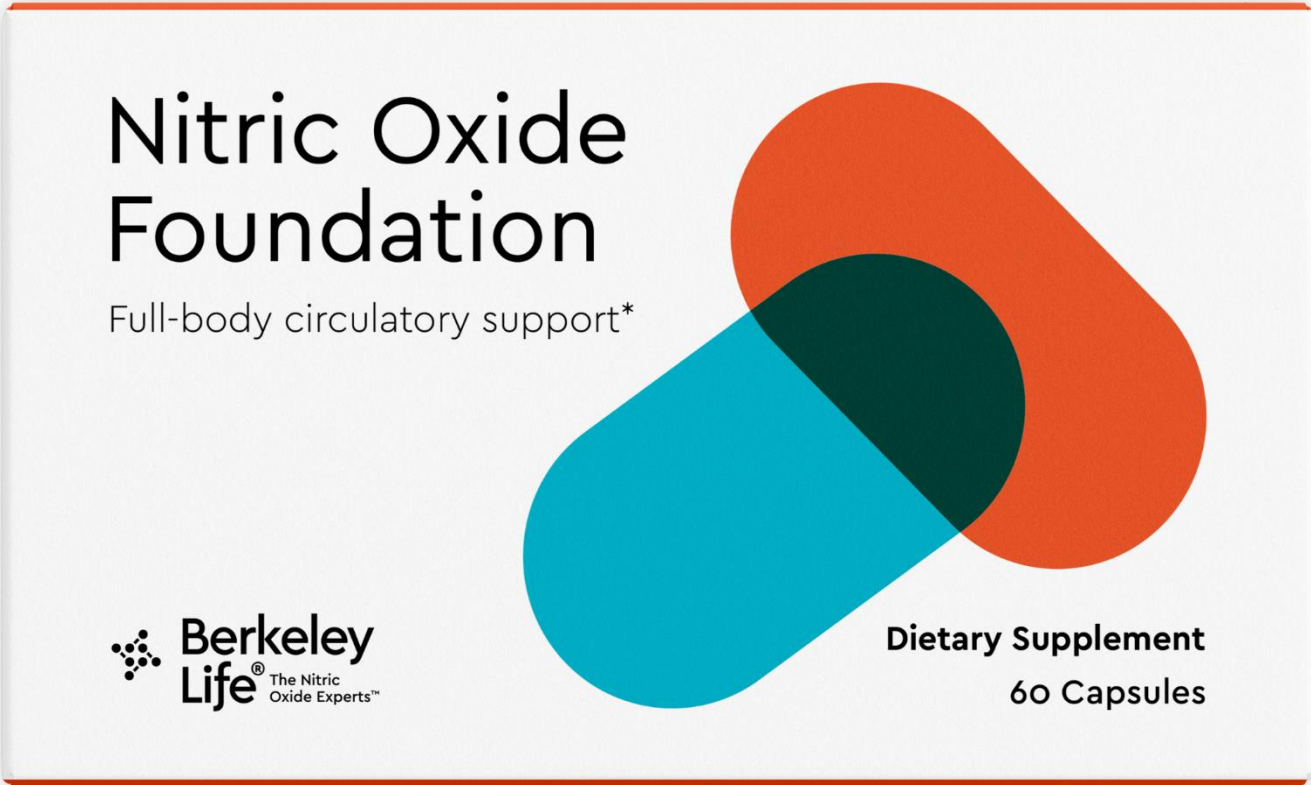




# Build: Supplement with Berkeley Life

## Quality Nitric Oxide Support

- >300-400mg nitrate necessary to see changes in blood pressure and exercise capacity
- 2 capsule daily dose supports healthy NO levels
- Minimal oxalate content! 0.7mg per dose = 1/25 of one spinach leaf)



| Supplement Facts   |                    |               |
|--|--------------------|---------------|
| Serving Size: 2 capsules   |                    |               |
| Servings Per Container: 30   |                    |               |
|  | Amount per serving | % Daily Value |
| Vitamin C (as ascorbic acid)   | 290 mg             | 322%          |
| Thiamin (from thiamin mononitrate)   | 90 mg              | 7500%         |
| Vitamin B12 (as methylcobalamin)   | 200 mcg            | 8333%         |
| Magnesium (from magnesium citrate)   | 75 mg              | 18%           |
| Potassium (from potassium nitrate)   | 189 mg             | 4%            |
| Proprietary Blend:   | 500 mg             | †             |
| Potassium nitrate, Beet Root extract (25% betaine nitrate), organic fermented Beet Root powder |                    |               |
| † Daily value not established  |                    |               |

Other ingredients: Hypromellose, Nu-MAG®(Rice Extract Blend), Nu-RICE® (Rice Bran Extract), Nu-FLOW® (Rice Hulls).

# Step 2: Balance

---



# Balance: Test AFTER Nitrate Consumption

The test strip is an indicator of the oral microbiome's ability to convert nitrates to nitrite.



If the oral microbiome is out of balance (dysbiotic) –  
**nitrite will not show up** on the test strip!

Berkeley Life has a solution to revive and rebalance the  
oral microbiome to solve this **conversion problem**.



# Balance: Add Prebiotic Nitrates

The gum base permits extended 'hang time' between nitrates and oral microbiome, compared to eating nitrate-rich foods.

- Maximize interaction between the oral microbiome and the nitrates
- Shifts away from acid-promoting microbes
- Feeds Nitric Oxide-supporting microbes
- **Balances pH** and **restores microbiome balance**





# Balance: Oral Hygiene

Avoid oral care products that are known to disrupt healthy microbiome balance:

- Antiseptic mouthwash
- Fluoride toothpaste
- Overuse of antimicrobials (including coconut and essential oils)
- Dye and flavor additives
- Others (antimicrobial chemicals in personal care products, parabens)<sup>1</sup>



1. Vindenes HK, Lin H, Shigdel R, Ringel-Kulka T, Real FG, Svanes C, Peddada SD, Bertelsen RJ. Exposure to Antibacterial Chemicals Is Associated With Altered Composition of Oral Microbiome. *Front Microbiol.* 2022 Apr 28;13:790496. [doi: 10.3389/fmicb.2022.790496](https://doi.org/10.3389/fmicb.2022.790496).



# Balance: Diet (Pre- & Probiotic-rich foods)

- Continue consumption of nitrate-rich foods
- Incorporate prebiotic and probiotic rich foods
- Include a variety of fermented foods



# Step 3: Boost

---



# Boost: Test Regularly

Daily or weekly at-home testing allows for adjustment of nitrate capsule dosing to maintain optimal NO levels.





# Boost: Diet

- Continue with nutrient-dense diet incorporating nitrate-rich foods
- Symptom-specific diet protocols (Low-FODMAP diet, SIBO-specific food plan, Candida diet)
- More advanced food strategies (elimination diet, Mediterranean diet)





# Boost: Cognitive Support

- Use NO Foundation as baseline support for your favorite formulas to replete overall nutrient levels
- This targeted herbal formula supports healthy brain function and improves mental acuity as the body transitions to running more efficiently with increased NO.





# Who benefits from supported Nitric Oxide levels?

---

- Anyone over the age of 40
- Anyone with poor Oral Hygiene or Dental Issues
- Anyone with gut issues
- Anyone with a chronic inflammatory disease
- Anyone with hypertension
- Anyone with circulation issues
- Anyone with cardiovascular issues
- Anyone with metabolic issues
- Anyone with immune dysregulation
- Men and women with sexual dysfunction
- Women in perimenopause or menopause
- Couples with fertility challenges
- Athletes
- Anyone interested in a proactive approach to health
- Anyone interested in longevity and anti-aging

Management of healthy NO levels for all patients is necessary to support symptom improvement in the gut (and everywhere else in the body and brain).

This simple **3-Step Protocol** for testing and supporting NO allows patients to feel and function better more quickly.

NO makes everything else you're doing work better!

# Partner with Berkeley Life

---

Register for a Qualified Healthcare Provider Account:

<https://berkeleylifeprofessional.com/my-account/>

Patient Ordering through **Berkeley Life Direct**: Share the benefits of NO with patients without need of stored inventory by sharing your unique Berkeley Life Direct code. Patients securely purchase directly from BerkeleyLife.com via your referral.

[My account - Berkeley Life Professional](#)



Visit Berkeley Life to Learn  
More about Berkeley Life  
Affiliate Program!

Boost Patient Wellness and  
Grow Your Practice as an  
NO Advocate with Berkeley  
Life ~





Thank you!