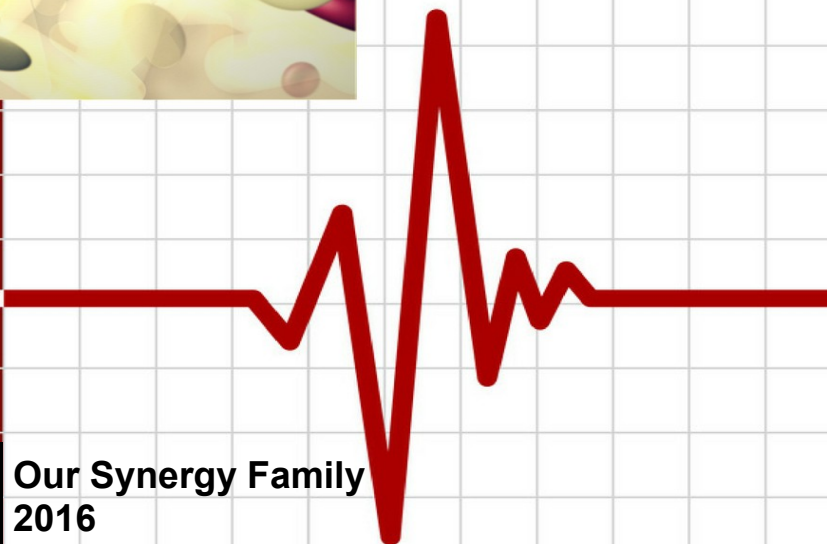
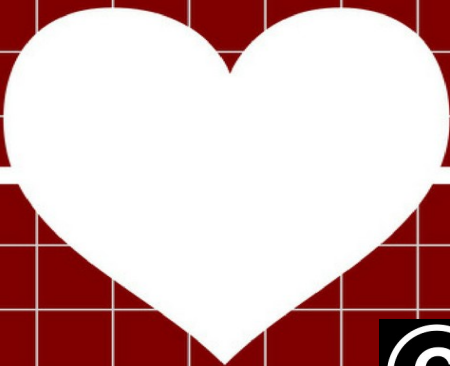
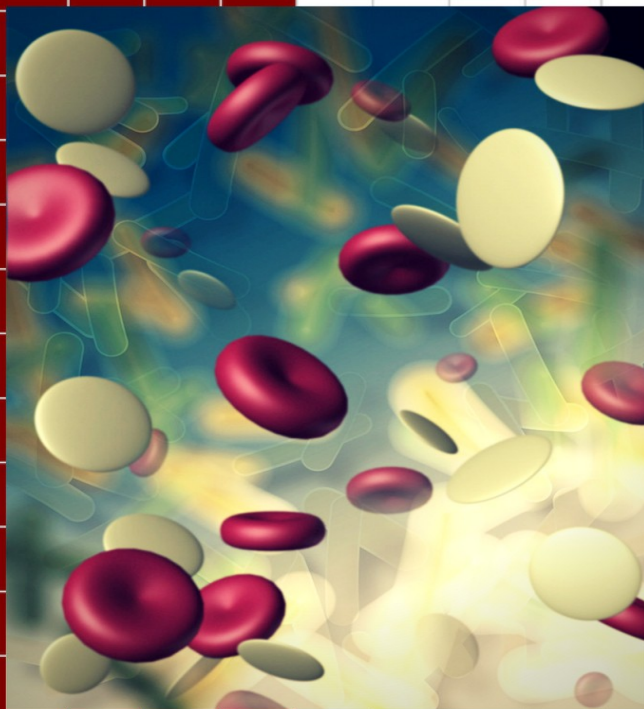


*Empower*  
**Your Heart**  
With Breakthrough  
**Nitric Oxide Therapy**



Our Synergy Family  
2016

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# Why I Believe in Nitric Oxide Therapy

1

The essence of your life is found in your blood. And anything that inhibits blood flow will decrease your health.

So what does Nitric Oxide Therapy have to do with blood flow?

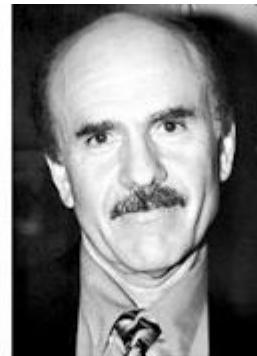
## Everything!

In 1998 the **Nobel Prize in Medicine** was awarded to 3 American researches for discovering how the lining of your vascular system (**endothelium**) **converts the amino acid L-arginine into Nitric Oxide** – the master signaling molecule of your entire cardiovascular system.

One of these researchers wrote a book called **NO More Heart Disease**.



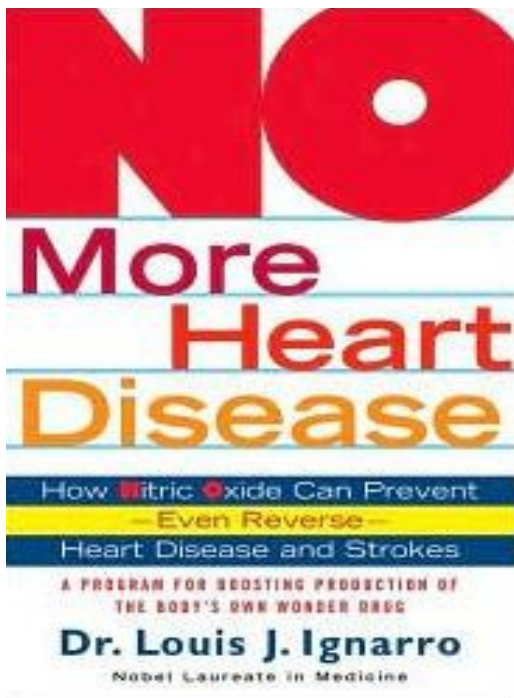
Robert F. Furchgott



Louis J. Ignarro



Ferid Murad



That researcher is **Dr. Louis J. Ignarro** and as you can clearly see by the subtitle on his book,

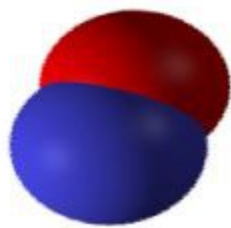
**“Nitric Oxide Can Prevent – Even Reverse – Heart Disease and Strokes”**

In the introduction to his book he goes on to say,

**“My colleagues, Ferid Murad and Robert Furchgott, and I had discovered 'the atom' of cardiovascular health – a tiny molecule called nitric oxide. NO – as it is known by chemists – is produced by the body specifically to help keep arteries and veins free of the plaque that causes stroke and to maintain normal blood pressure by relaxing the arteries, thereby regulating the rate of blood flow and preventing coronaries.**

**Nitric oxide is the body's natural cardiovascular wonder drug.”**

And Nitric Oxide Therapy is learning how to help your endothelium optimize its production of this **“natural cardiovascular wonder drug”** for improved blood flow.



# What is Nitric Oxide?

2

The answer to the question above is what scientist have now called **The Miracle Molecule**.

It's one nitrogen atom attached to one oxygen atom to form this molecule called nitric oxide. **All nitric oxide does is act as a signaling molecule.**

What this means is that nitric oxide causes something else to occur. And without it that event or reaction can't take place, which then reduces your ability to maintain optimal health.

In your blood nitric oxide has **3 Key Benefits** to your cardiovascular system.

**Benefit #1 – Nitric Oxide relaxes the smooth muscle of the vascular wall** causing vasodilation for improved blood flow.

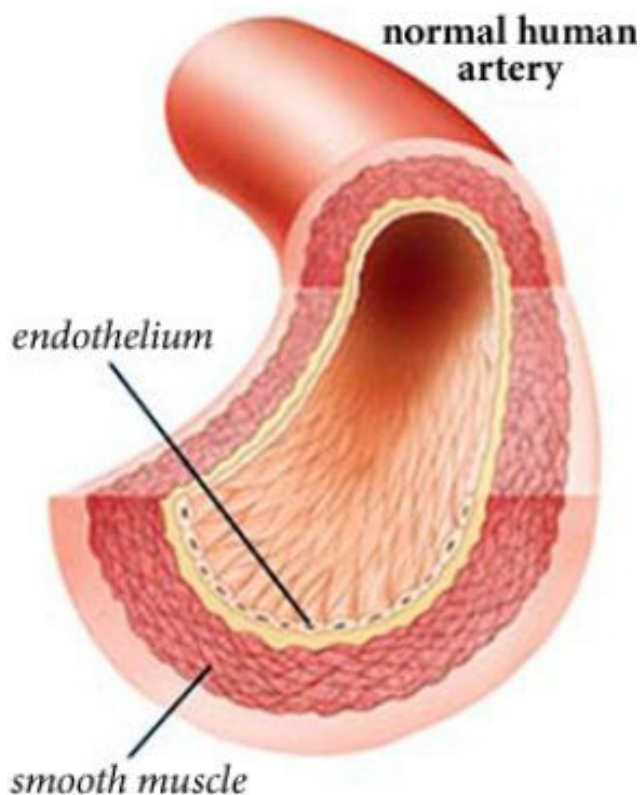
This is extremely beneficial for the majority of people with high blood pressure. In fact, helping your endothelium produce higher levels of **nitric oxide is a natural way to bring your blood pressure back into the normal range.**

And since high blood pressure is the number one risk factor for strokes and heart attacks, as well as the number one diabetic complication, this can be a natural way to address these issues.

**Benefit #2 – Nitric Oxide keeps blood platelets from sticking together.** This again helps to reduce the risk for strokes and heart attacks.

**Benefit #3 –** When nitric oxide is at high enough levels over a long enough period of time **it can initiate reparative mechanisms to heal damage done to the endothelium.** This restores more of its surface volume, leading to higher levels of nitric oxide to help continue this healing process.

**The illustration on the next page clearly shows** how damage done to your endothelium significantly reduces your nitric oxide production.



## NITRIC OXIDE PRODUCTION

In the span of 50 years,  
the body loses 85%  
of its ability to  
naturally produce  
Nitric Oxide.

85%

### PROGRESSION OF FATTY DEPOSITS

**20's**

**100% N.O. PRODUCTION**

**30's**

**80% N.O. PRODUCTION**

Arteries begin thickening

**40's**

**50% N.O. PRODUCTION**

Inflammation and  
plaque buildup

**50's**

**35% N.O. PRODUCTION**

Arteries begin stiffening,  
vessel structure  
changes occur

**60's**

**15% N.O. PRODUCTION**

Heightened clot risk,  
potential rupture.  
Possible heart attack

An overworked or scarred heart increases the risk of heart failure. On average, arteries withstand more than 100,000 heartbeats a day. This contributes to the attack on the lining of the arteries and if improperly checked, plaques can end up rupturing or eroding arteries, leading to blood clots that cause heart attacks. Regular visits to physicians, especially for patients over 50, can be potentially lifesaving.

**The purpose of Nitric Oxide Therapy is to properly nourish your endothelium** to help restore its ability to produce higher levels of nitric oxide over a longer period of time.

As you learn how to harness the power of Nitric Oxide Therapy, **with the correct nutritional ingredients**, you can return more of your endothelium into a healthy tissue, allowing it to add to the production of nitric oxide.

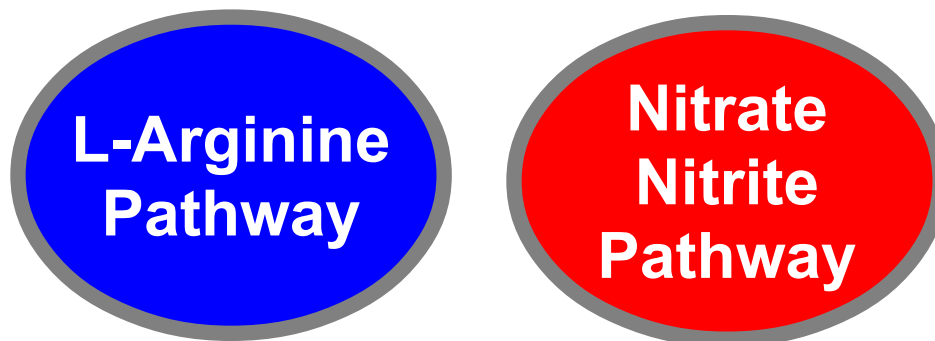
This then increases the amount of nitric oxide produced leading to improved blood flow and cardiovascular function.

But before we discuss the key nutritional ingredients you need to understand that there are **two primary pathways** used by your body to create this Miracle Molecule called nitric oxide.



## Two Primary Pathways

If you do any research in this area, you will come across information about the following **two primary pathways for the creation of nitric oxide**. They are:



**Both pathways are valid for the production of nitric oxide.**

However, both pathways are short lived and **by themselves cannot give you long term production of nitric oxide**. To help you better understand these two pathways, especially in light of misinformation that is put out by manufacturers who use the "Nitrate/Nitrite Pathway" for the production of nitric oxide, **please click on the image below** to watch one of the best videos ever produced in this area:

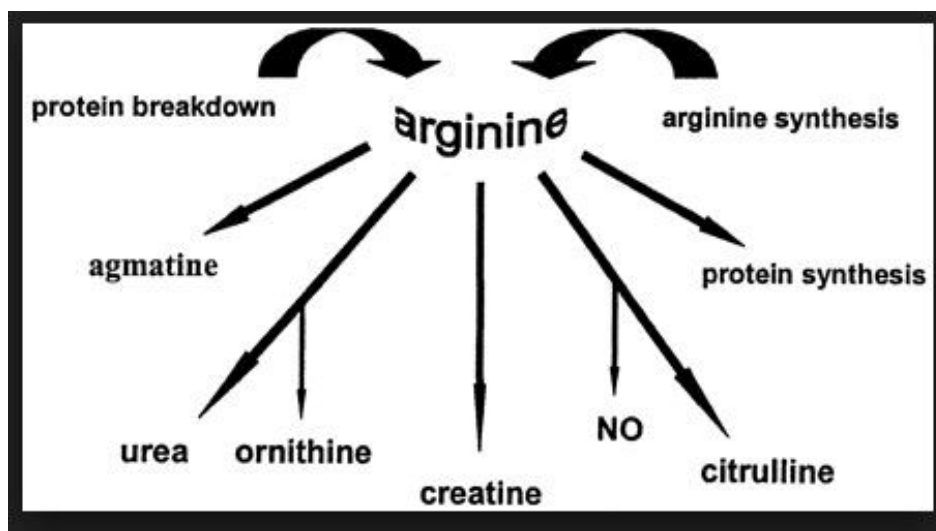


(Click on the image above to play this video.)



Now if you watched the video on the preceding page, then here are the key takeaways:

1. The amino acid **L-citrulline is needed** for both pathways.
2. Yes the L-arginine pathway becomes dysfunctional with age (as the illustration showed on page 3), **but it can be reversed**. And this reversal can occur at any age.
3. Both pathways are **dependent upon an enzymatic process**.
4. **The nitrate/nitrite pathway creates ammonia waste products** that can be detrimental to your health unless cleared by the urea pathway, which is dependent upon L-arginine.
5. The nitrate/nitrite pathway is **only about 25% efficient** in reforming more nitric oxide.
6. As the illustration below indicates, **L-arginine is used to fuel 7 different metabolic pathways** that are key to your overall health and function.



**Plus the Proline pathway for wound healing**

Of the two pathways **we believe the L-arginine Pathway is the most effective pathway** for improving blood flow and helping to restore the health of your vascular system.

However, it needs the amino acid L-citrulline to be more effective, which we'll talk about next.



# The Importance of L-Citrulline

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As we talked about in the previous section both the L-arginine and Nitrate/Nitrite pathways for the creation of nitric oxide are short lived.

This means that **your window for improved nitric oxide production is usually 30 minutes to 2 hours** and then within 4 to 6 hours you returned back to your baseline levels of nitric oxide.

This will provide temporary improvements in blood flow but not long term improvements.

**So both pathways need the amino acid L-citrulline to help optimize the production of nitric oxide** over a longer period of time. Below is an illustration of this pathway and why L-citrulline is critical to long term production of nitric oxide.



**We've highlighted L-citrulline by a blue circle.** Once nitric oxide is formed from L-arginine, the amino acid L-citrulline is metabolized to yield more L-arginine to enhance the ability of the enzymes of the endothelium to produce higher amounts of nitric oxide over a longer period of time.

Without the presence of L-citrulline the production of nitric oxide from L-arginine would stop.

With the presence of L-citrulline you can continue the production of nitric oxide so that you can enjoy all the benefits we highlighted on page 2.

To help you better understand how critical L-citrulline is to Nitric Oxide Therapy **please watch this short but powerful video below:**



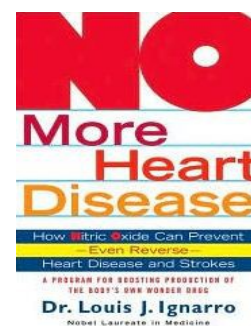
(Click on the image above to play this video.)

Now if you watched the video above, then here are the key takeaways:

- **The amino acid L-citrulline is needed for both pathways.**
- L-citrulline significantly enhances **long term production of nitric oxide** for improved blood flow.
- **Manufacturers of nitrate/nitrite supplements utilize the L-arginine pathway when they include L-citrulline in their product.** And if they tell you that the L-arginine pathway is dysfunctional when you're over the age of 40, then they're either ignorant or disingenuous in the information they're sharing.

Nobel Laureate in Medicine Dr. Louis J. Ignarro highlighted this in his book when he stated:

**"It is the synergy between the L-arginine (in a large enough dose), the L-citrulline, and the key antioxidants that creates dramatic increases in your body's nitric oxide production. Without the proper combination of these nutrients, which so many other programs lack, you will receive little or no benefit from NO therapy."**



To optimize Nitric Oxide Therapy you must combine L-arginine and L-citrulline with the following key ingredients.

## Other Key Ingredients

As Dr. Ignarro pointed out, the goal of Nitric Oxide Therapy is long term production of nitric oxide so that you can enjoy all the benefits of improved blood flow. And while the amino acids L-arginine and L-citrulline are key, **there are other ingredients that can help optimize the ability of your endothelium to produce higher amount of nitric oxide over a longer period of time.** They are:

### **Resveratrol or Red Wine Extract**

First off this is a polyphenol and has absolutely no alcohol content. It's important to have this key nutrient because **it helps reduce LDL oxidation**, which typically causes vascular inflammation that can lead to plaque formation. This helps to protect against artery damage.

And specific to nitric oxide therapy **this ingredient improves nitric oxide bioavailability.** It does this by enhancing the enzymatic activity of the endothelium to produce higher levels of nitric oxide. This can then have a positive influence in preventing endothelial dysfunction and atherosclerosis.

<http://circ.ahajournals.org/content/106/13/1614>

### **Vitamin D3 and Vitamin K2**

These two key ingredients work together to **regulate calcium levels in the bloodstream.** Calcium is a key ingredient because the enzymatic production of nitric oxide, by the endothelium, is a calcium dependent reaction.

By itself **vitamin D3 supports healthy cardiovascular function and inflammatory response.** And increasing the vitamin D levels in your bloodstream can have a profound benefit in helping to prevent diabetic complications.

You also need to know that the form of vitamin K is critical as you will find both vitamin K1 and K2 used in product formulations.

Many companies will use vitamin K1 (phylloquinone) because it's significantly less expensive. Unfortunately, vitamin K1 does not support vascular health and may interfere with blood thinning medications.

On the other hand, **vitamin K2 (menaquinone) is the correct form because it significantly improves arterial and cardiovascular health.** It also plays an important role in preventing the calcification of the arteries as well as in soft tissues like the heart, lungs, and kidneys.

<http://www.nutraingredients-usa.com/Research/Vitamin-K-may-affect-arterial-calcification-for-hypertensives-Multi-ethnic-study>

[http://ndt.oxfordjournals.org/content/28/suppl\\_1/i352.abstract](http://ndt.oxfordjournals.org/content/28/suppl_1/i352.abstract)



## **Pomegranate Fruit Concentrate**

This ingredient enhances the enzymatic activity of the endothelium leading to higher amounts of nitric oxide production. In peer reviewed clinical studies, **pomegranate fruit concentrate has been shown to reverse plaque formations** within the vascular system because of its ability to increase nitric oxide production.

[http://www.lifeextension.com/magazine/2007/2/report\\_pomegranate/Page-01](http://www.lifeextension.com/magazine/2007/2/report_pomegranate/Page-01)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4007340/>

## **Grape Skin Extract**

Like red wine extract **this ingredient enhances the enzymatic activity of the endothelium to produce higher levels of nitric oxide.** This increased production of nitric oxide can then help protect the vascular system against cardiovascular events and atherosclerosis.

<https://www.ncbi.nlm.nih.gov/pubmed/20513234>

<http://www.lifeextension.com/magazine/2013/3/grapes-rich-in-polyphenols/page-01>

## **d-Ribose**

While this ingredient doesn't directly influence nitric oxide production, it's still a key ingredient for heart health. **This simple sugar molecule is a key component of ATP (adenosine triphosphate), which is the body's primary energy carrier.** ATP plays a critical role in heart health by providing the needed transfer of energy to maintain proper heart function.

Combine this with improved circulation through nitric oxide therapy and you can facilitate improved energy production throughout the body, which also helps athletes recover faster from intense physical exercise.

<http://www.lifeextension.com/magazine/2008/5/d-ribose-energize-your-heart-save-your-life/page-01>

# How Nitric Oxide Therapy Addresses

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To help you better understand how Nitric Oxide Therapy addresses specific cardiovascular health and human performance issues, **we've developed a series of short, but extremely informative videos.** These videos will truly help you understand how Nitric Oxide Therapy can be a natural way to address your particular concern(s). **Just click on the image and the video will play:**

## High Blood Pressure



How Nitric Oxide Therapy Addresses High Blood Pressure

Learn how Nitric Oxide Therapy addresses **the number one risk factor for strokes and heart attacks.**

**Click on the image to the left** to watch our specially prepared video.

## Diabetic Complications



How Nitric Oxide Therapy Addresses Diabetic Complications

Learn how Nitric Oxide Therapy addresses **the inflammation and damage done by high blood sugar.**

**Click on the image to the left** to watch our specially prepared video.



To help you better understand how Nitric Oxide Therapy addresses specific cardiovascular health and human performance issues, **we've developed a series of short, but extremely informative videos.** These videos will truly help you understand how Nitric Oxide Therapy can be a natural way to address your particular concern(s). **Just click on the image and the video will play:**

## Sexual Function

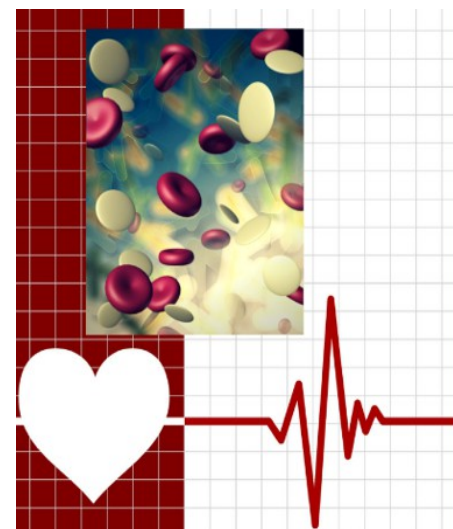


How Nitric Oxide Therapy Addresses Sexual Function

Learn how Nitric Oxide Therapy addresses **sexual function issues especially ED.**

**Click on the image to the left** to watch our specially prepared video.

## Cognitive Function



How Nitric Oxide Therapy Addresses Cognitive Function

Learn how Nitric Oxide Therapy addresses **improved blood flow to the brain, which can improve cognitive function.**

**Click on the image to the left** to watch our specially prepared video.

To help you better understand how Nitric Oxide Therapy addresses specific cardiovascular health and human performance issues, **we've developed a series of short, but extremely informative videos.** These videos will truly help you understand how Nitric Oxide Therapy can be a natural way to address your particular concern(s). **Just click on the image and the video will play:**

## Wound Healing



How Nitric Oxide Therapy Addresses Wound Healing

Learn how Nitric Oxide Therapy addresses **wound healing** by properly combining L-arginine, nitric oxide, and your endothelium to speed this process.

**Click on the image to the left** to watch our specially prepared video.

## Athletic Performance



How Nitric Oxide Therapy Addresses Athletic Performance

Learn how Nitric Oxide Therapy addresses **athletic performance**, which can result in a 15% improvement in training, performance, and recovery.

**Click on the image to the left** to watch our specially prepared video.



# The Million Lives Project

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The goal of The Million Lives Project is to **help a million people or more understand how they could effectively use Nitric Oxide Therapy to significantly improve their health** while reducing their risk for cardiovascular health concerns like high blood pressure, diabetes, sexual and cognitive function issues, and poor wound healing.

It also helps athletes understand how to **use Nitric Oxide Therapy to improve their athletic training, performance, and recovery.**

To help us accomplish this goal, we ask you to do one or more of the following:

- If you found value in the information contain in this eBook on Nitric Oxide Therapy, then **please share it with others.**
- If you want to apply Nitric Oxide Therapy to help you address your cardiovascular health concerns or the concerns of family and friends, then **please contact the person who is sharing this information with you.** You can find them in the **About Me** section of this PDF.
- If you have a passion for helping others improve their health, then **consider joining Our Synergy Family.** Part of Our Mission Statement is Blessing Lives with Better Health. Again, contact the person in the **About Me** section and they can give you more information.



## *The Million Lives Project*



2016 Our Synergy Family

# Our Product of Choice

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When the 1998 Nobel Prize in Medicine was awarded to 3 American researchers for discovering how your endothelium converts the amino acid L-arginine into nitric oxide there was an explosion of research in this area.

**Now there is an explosion of products** all claiming to be the best product for producing this Miracle Molecule. **We believe the best nitric oxide supplement is ProArgi-9+ from Synergy Worldwide.** Here's why:

## Clinically Proven

While other companies will talk in general terms about their ingredients being clinically proven, **ProArgi-9+ is the only L-arginine supplement that is clinically studied and scientifically validated.**



Scientists at the **Hughes Center for Research and Innovation** have made several remarkable discoveries on Synergy's ProArgi-9+:

**Discovery #1** – ProArgi-9+ significantly and rapidly increases the level of nitric oxide in the body over and above what would be found in just L-arginine alone.

**Discovery #2** – ProArgi-9+ inhibits vascular inflammation by potentially inhibiting the enzyme myeloperoxidase, a biomarker associated with vascular inflammation. As well as reducing the oxidation of LDL (bad) cholesterol, which can cause vascular inflammation.

## Physicians' Desk Reference

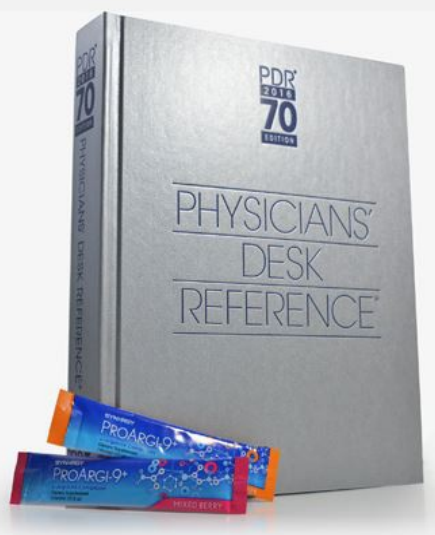
**ProArgi-9+ is the first and only L-arginine supplement to be listed in the Physicians' Desk Reference**, which doctors use for guidelines on what they would recommend to their patients. And the exact first line from this mainstream medical reference book is:

**“ProArgi-9+ is the highest quality L-arginine supplement in the world.”**

PDR 2014, 2015, and 2016



**PDR2016**



## 262 Quality Assurance Steps

A common problem in the nutrition industry is that products don't meet their label claims. This will never be an issue with ProArgi-9+. From the beginning, when this product was introduced to the market in 2008, Synergy Worldwide and their parent company Nature's Sunshine Products have implemented sourcing and testing procedures to guarantee the purity, potency, and safety of ProArgi-9+ in each and every batch produced.

**There are 262 verified quality assurance steps** that go into the manufacturing of this product. Because of this they guarantee ProArgi-9+ will meet all label claims even to the expiration date for each production batch.

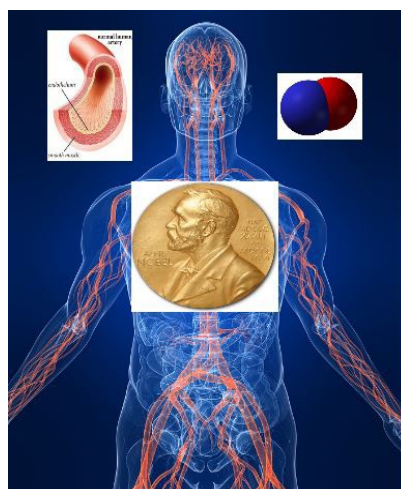
## 100% Money Back Guarantee

Synergy Worldwide not only believes they have the best L-arginine supplement in the world, but they even allow you to put it to the test.

When you purchase ProArgi-9+ from Synergy Worldwide, **you are entitled to the best guarantee in the nutrition industry.** If for any reason you're not satisfied with your purchase, then you can return the product (even an empty container) and receive a full refund on the cost of the product.



If you want more information on why ProArgi-9+ is the absolute best product for harnessing the power of Nitric Oxide Therapy to improve blood flow, then **please click on the image below to watch our video on this product:**



Harnessing the Power of  
Nitric Oxide Therapy

**The ProArgi-9+  
Advantage!**





# About Me

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I belong to a group called The Million Lives Project. **We're all passionate about helping others improve their health.** It's why we're sharing this information with you.

**We believe Nitric Oxide Therapy is a natural way to address** most cardiovascular health issues because it addresses the need for a healthy endothelium and its ability to optimize its production of **nitric oxide – The Miracle Molecule for improved blood flow.**

If you have any questions about the information contained in our eBook, then please contact me directly.

And, if you would like to purchase **ProArgi-9+**, then please contact me directly. Synergy Worldwide has a **Preferred Customer program that allows you to purchase at wholesale prices.** I can help you properly set up this program so that you can improve your cardiovascular health with the best possible pricing options.