

SUPER N.O.™



CLINICAL APPLICATIONS

- Support Circulatory Health
- Support Cardiovascular Health
- Optimize Muscle Synthesis, Muscle Function, and Adaptation to Exercise
- Support Anti-Inflammatory Pathways
- Support Wound Healing

Super N.O.™ is a patented, (U.S. PATENT: 6,905,707), extended-release formulation that combines the highest quality source of pure arginine alphaketoglutarate with ACTINOS™, a proprietary whey peptide fraction that upregulates nitric oxide synthase. This powerful ingredient has been proven to increase nitric oxide levels by 950% over baseline arginine-derived nitric oxide.

All 3rd Opinion Inc® Formulas Meet or Exceed cGMP quality Standards

DISCUSSION

Super N.O.™ elevates the plasma level of L-arginine, a “semi-essential” amino acid considered the most potent nutraceutical ever discovered. It is perhaps the only nutraceutical whose remarkable properties are validated by a Nobel Prize in Medicine (1998). More than 60,000 clinical studies have brought L-arginine to the forefront of modern medicine as a nutrient that offers a wide range of health benefits.

As the substrate of nitric oxide-generating enzymes (NO synthetases), L-arginine is considered a direct nitric oxide (NO) precursor. Nitric oxide is an endogenously produced cellular signaling molecule involved in a variety of endothelium-mediated effects in the vasculature.¹ The plasma concentration of L-arginine might be a rate-limiting factor for NO production. Oral supplementation with L-arginine has been demonstrated in humans to increase smooth muscle relaxation, inhibit platelet aggregation, and inhibit expression of adhesion molecules and endolelin-1.² L-arginine drives the biosynthesis of NO in tissues including the vascular endothelium and skeletal muscle.³ Acting via the cGMP intracellular signaling system, NO increases blood flow without increasing blood pressure.⁴ In short, NO causes vasodilation by inhibiting smooth muscle contraction. Increased blood flow results in increased nutrient uptake and glucose utilization into muscle, especially during exercise.⁴

In addition to the cardiovascular/circulatory benefits, L-arginine is involved in ammonia detoxification, hormone secretion and immune health. It supports the synthesis of protein and mitochondria.⁵ L-arginine alpha-ketoglutarate has been used in Europe for more than a decade for managing profound fatigue, general weakness and mental fatigue.⁶ Many athletes have safely and effectively used it to increase ‘muscle pump’ during and for several hours after a workout, increase overall workout capacity (muscular endurance), increase post-exercise recovery,⁷ and to increase penile rigidity.⁸

ACTINOS™ is a mixture of both high and low molecular weight fractions of proteins and peptides derived from whey through patent-pending technology. Strong evidence suggests that these fractions are NOS activators that boost NO production by factors unrelated to arginine, Ca⁺⁺, or bradykinin. ACTINOS possibly increases the transcription of NOS gene and its role in reducing the negative feedback mechanism on NO production. The synergistic activity of the size-based fractions of ACTINOS has been shown to increase NO production in human endothelial cells in vitro from 9.5 to 12.7 times compared to a control.⁹



Super N.O. is manufactured in the U.S. using the highest purity commercially-available (>98.0%) L-arginine alpha-ketoglutarate. This patented formulation is specially designed to deliver L-arginine alpha-ketoglutarate in a controlled manner over a period of about 4-6 hours. A considerable fraction of an oral L-arginine dose is metabolized pre-systemically or excreted from the gut; then eliminated by glomerular filtration and almost completely reabsorbed by the renal tubules.¹⁰

Supplement Facts

Serving Size: 3 Caplets
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Arginine <i>alpha</i> -ketoglutarate‡	1980 mg	**
ACTINOS§ Whey Peptide Fraction‡	150 mg	**

** Daily Value not established.

‡ Controlled delivery formulation

Other Ingredients: Dicalcium phosphate, cellulose ethers and composites, pectin (citrus fruit extract), seaweed extract, corn extract, magnesium stearate, talc USP.

DOSING:

Take three caplets twice per day as follows: three caplets 30 minutes before breakfast and three caplets again 30 minutes before lunch with 8 ounces of water each time.

REFERENCES

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5. Nisoli E, et al. Effects of nitric oxide on proliferation and differentiation of rat brown adipocytes in primary cultures. *Br J Pharmacol.* 1998 Oct; 125(4):888-94 [PMID: 9831929]
6. www2.biam2.org/www/Lab25378 {Accessed 12 Dec 2007}
7. Rassaf T, et al. Nitric oxide synthase-derived plasma nitrite predicts exercise capacity. *Br J Sports Med.* 2007 Oct;41(10):669-73; [PMID: 17496072]
8. Ito,TY, Trant,AS, Polan,ML. A double-blind placebo-controlled study of ArginMax, a nutritional supplement for enhancement of female sexual function. *J Sex Marital Ther* 27:541-549, 2001
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CONTRAINDICATIONS:

Diabetics, women who are pregnant or nursing and individuals being treated for high blood pressure or taking prescription drugs should consult their physician before using this formula. Use cautiously if history of cold sores. Not recommended for individuals allergic to corn products, gluten or citrus fruit. Not intended for use by individuals under the age of 18 years.

STORAGE

Store at 59-86°F(15-30° C). Protect from light and moisture.

The information contained in this paper has not been evaluated by the FDA. The associated product is not intended to diagnose, treat, cure or prevent any disease.

