

If you know, you **NO**

## Determine and Improve your Nitric Oxide Levels

STEP  
ONE

### TEST



Berkeley Life's 15-second saliva test strip will give you a clear reading of your Nitric Oxide levels. Talk with your doctor about what a low-level reading may mean about your health.

STEP  
TWO

### SUPPLEMENT



Berkeley Life Supplements help support adequate Nitric Oxide levels. Our proprietary formulation provides dietary nitrates and key vitamins to help support the body's natural Nitric Oxide production and overall circulatory health.\*

2 capsules, once a day of Berkeley Life Supplements provide adequate dietary nitrates for a day of Nitric Oxide support.



# Nitric Oxide Support for Hormone Health

Test and supplementation system for supporting optimal hormone levels\*

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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 **Berkeley Life**<sup>®</sup>  
The Nitric Oxide Experts<sup>™</sup>

# How Nitric Oxide impacts hormonal health.

Nitric Oxide (NO) is a natural vasodilator that relaxes the walls of arteries and blood vessels to help blood flow effectively throughout the body. But that's just the beginning, as **Nitric Oxide also plays a vital role in almost every biological system** — including **hormone production**.

The Luteinizing Hormone, Estrogen, Progesterone, Testosterone, Oxytocin, DHEA, Insulin, Growth Hormone, and Triiodothyronine (T3) all have a relationship to Nitric Oxide levels in the body. The presence of Nitric Oxide helps regulate the release of hormones in the brain's hypothalamic-pituitary axis — and having adequate levels of Nitric Oxide helps keep the natural cycle of these hormones in balance.

**Less-than-sufficient Nitric Oxide levels may negatively impact the healthy release of hormones.\***

## Nitric Oxide, hormones, and aging

As both Nitric Oxide and hormone levels decrease with age — especially as women reach perimenopause and menopause — it can lead to:\*

- Mood swings
- Skin problems
- Irregular periods
- Fertility problems
- Low libido
- Headaches
- Insomnia and poor-quality sleep
- Weak bones
- Vaginal dryness
- Unexplained weight gain

# Nitric Oxide and hormones go hand in hand.

The production of Nitric Oxide has a direct impact on hormone levels, and vice versa. One of the pathways our body uses to create Nitric Oxide is stimulated by hormones. When hormone levels decrease as we age, that pathway becomes less effective.

**Although Nitric Oxide and hormone production naturally diminishes with age, there is something we can do to counter it.** Increasing dietary nitrates — available in foods like beetroot and leafy greens, or in supplements like Berkeley Life — can help our bodies create Nitric Oxide. This in turn can help stimulate the production of important hormones back into a healthy balance.\*

In other words, by supporting Nitric Oxide production, you're also increasing your body's ability to increase and balance your hormone levels — which can positively affect your overall health.\*

## Boost Nitric Oxide Production with Dietary Nitrates

Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to support adequate Nitric Oxide levels, and thus help improve hormone levels.\*



Flip over to learn more about how Berkeley Life can help!