

Using the Berkeley Life Prebiotic Nitrate Chewing Gum

Chew one piece for 5 minutes twice daily. Do not swallow. Providers may recommend more frequent use as needed, but do not exceed the recommended dosage.

Get to Know Nitric Oxide

Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to support your Nitric Oxide levels, blood flow, and total health daily*.

Support total health with a daily Nitric Oxide system:

STEP 1.

Know your Nitric Oxide levels. Test using the Berkeley Life Nitric Oxide Test Strips (at minimum) every morning and 90 minutes after dietary nitrate intake.

STEP 2.

Build and sustain a foundation. Take 2 capsules of the Berkeley Life Nitric Oxide Foundation supplement as directed.

STEP 3.

Incorporate the Berkeley Life Prebiotic Nitrate Gum to balance the oral microbiome and optimize your conversion of nitrates.

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Health Starts with a Balanced Oral Microbiome

Understanding and optimizing the health of your oral ecosystem

* 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.

Balancing the Oral Microbiome

The oral microbiome is a vital ecosystem in your body and the gateway to your digestive system. It plays a crucial role in maintaining overall health, influencing blood flow, healing, immunity, and oral well-being through its association with Nitric Oxide (NO). Nitric Oxide, essential for blood flow, relies on a healthy oral microbiome.

The Problem:

Common oral hygiene products and lifestyle choices can harm your oral microbiome, posing risks to oral, cardiovascular, and overall health.

Do You Use?

- Fluoride toothpaste
- Antiseptic mouthwash
- Alcohol
- Cigarettes or vaping devices

These products are known to cause disruption of the oral microbiome.*

The Solution:

Introducing oral microbiome balancing chewing gum—a revolutionary step towards supporting Nitric Oxide production. Designed to shift your oral environment towards Nitric Oxide-supporting microbes, this gum is your ally in promoting holistic health*. This gum works by bathing the mouth in prebiotic nitrates for an extended period, allowing the oral microbiome to feed and flourish. When used as directed, the gum can help support a shift away from acid and inflammation-producing microbes and toward those that support Nitric Oxide production.

How Do I Know My Oral Microbiome Is Back in Balance?

Witness a significant change in the Berkeley Life Nitric Oxide Test Strip color to bright pink or garnet red 90 minutes after nitrate consumption, indicating a restored and balanced oral microbiome.

The gum contains 100mg of nitrate, designed for slow release to engage with the oral microbiome, promoting the conversion to Nitric Oxide for prolonged benefits.



One pack of gum, used as directed, is often sufficient to restore oral microbiome balance. Patients with prolonged challenges may require additional support*.

Scan to learn more about Berkeley Life's Total Nitric Oxide System

