



# HEALTH PROFESSIONALS

## WHO?

Regardless of your physical activity level, you need energy and acuity to perform effectively everyday. Helping people to understand how food affects their daily performance also requires you to possess good concentration, and proper nutrient intake.

Based on research, general population may benefit more from eating natural nitrates than an elite athlete would. Data also presents a promising connection between consumption of natural nitrates and acuity.

## HOW MUCH & WHEN?

Nitrate, when consumed through the diet, reaches peak blood levels in about an hour.

Currently, there are more studies conducted on athletes and athletic performance than general population. Regardless, it is suggested to increase intake of green & red leafy vegetables throughout the day.

To obtain sufficient nitrate levels for improved acuity and energy levels, a minimum of 400-500 mg of nitrate needs to be consumed.

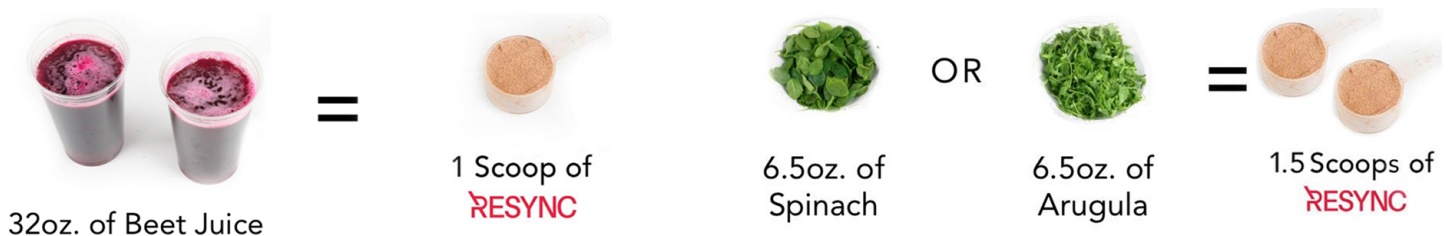
## WHAT?

The question then becomes how many and which vegetables do I need to consume to get enough nitrate in my diet to achieve better acuity, energy, and not be tired by the end of the day.

If you belong to the group of people who are consuming only half of the needed amounts over 2 to 3 meals, and not as a single serving, then you may be depleted in nitric oxide, and considering supplementing with a product like Resync once a day may add a lot of value to your daily performance.

Evidence strongly suggests that US society needs more natural nitrates in their diet, along with the antioxidants that account for the effects to produce nitric oxide.

A glass of beetroot juice may not be sufficient to support your N-O production and daily performance.



To view the nitrates levels in different vegetables, please check the E-toolkit for cardiovascular health and endurance