

Flow+ is a synergistic formula designed to support healthy levels of nitric oxide.* It is provided in a delicious berry flavored powder sweetened with stevia.

What is Nitric Oxide?

Nitric oxide (NO) is a compound that influences the relaxation of blood vessels and healthy functioning of platelets, the cells and cell fragments responsible for proper blood clotting. For these reasons, NO plays an important role in cardiovascular health.* Additionally, proper blood vessel dilation may facilitate increased blood flow to working muscles, with the result being that these muscle cells may receive more oxygen and therefore generate energy more efficiently, ultimately supporting athletic performance.*

Flow+ may also support healthy erectile function, which is dependent on adequate blood flow to the penis.* By promoting the body's synthesis of NO and potentially prolonging the presence of NO in the blood, this product may favorably influence erectile function.*

Ingredient Spotlight

Flow+ contains a blend of ingredients to support production of NO and work synergistically to promote healthy blood vessel function.*

- Arginine and Citrulline: Arginine is an amino acid that serves as a precursor to NO. When arginine is made into NO, citrulline is produced and citrulline may be recycled back into arginine, thus supporting continued synthesis of NO. Much of the arginine in food is broken down in the intestine, with only about 50% reaching the circulation. For this reason, supplementing with arginine and citrulline may provide a more reliable supply of these NO building blocks.
- Vitamin C: an antioxidant and also a required factor for building collagen, the primary protein that makes up the physical structure of blood vessels
- Folate: a member of the B-vitamin family and a required cofactor for proper functioning of the enzyme responsible for synthesizing NO
- Taurine: a natural diuretic; it also promotes a healthy heart rhythm and proper functioning of platelets*
- Magnesium: a natural blood vessel relaxant*
- Grape & Apple Extracts and Glutathione: Polyphenols in grape and apple extracts have potent antioxidant and vasodilating (blood vessel relaxing) properties, partly by facilitating production of NO. Tannins and anthocyanins— polyphenols found in grapes and apples, among other foods—may contribute to the well-known beneficial effects of moderate red wine consumption on cardiovascular health. Glutathione is often called the body's "master antioxidant," owing to its powerful ability to help neutralize harmful free radicals.*

flow+

Recommended Use:

Mix 7 grams (approx. one scoop) in 8-10 ounces of water per day, or as directed by your health care practitioner.

TO CONTACT TRUE NORTH NUTRITION PLEASE CALL US AT 800-940-2724, OR VISIT www.thetruenorthlife.com

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

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

TRUE NORTH NUTRITION

Benefits of Flow+*:

- Facilitates blood vessel relaxation
- May promote healthy erectile function
- May increase blood flow to muscles, supporting athletic performance
- Provides antioxidants
- May aid in recovery from intense athletics

