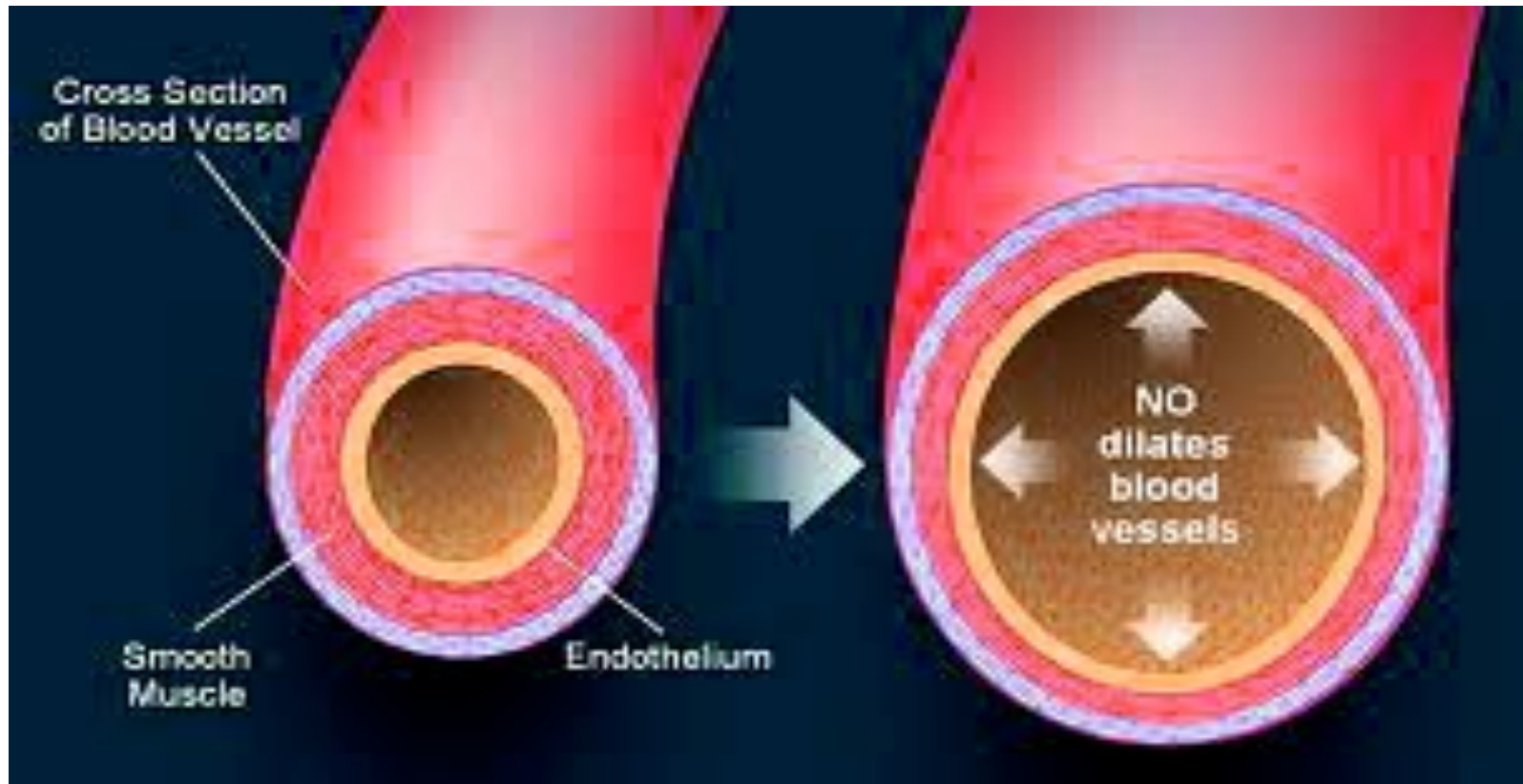
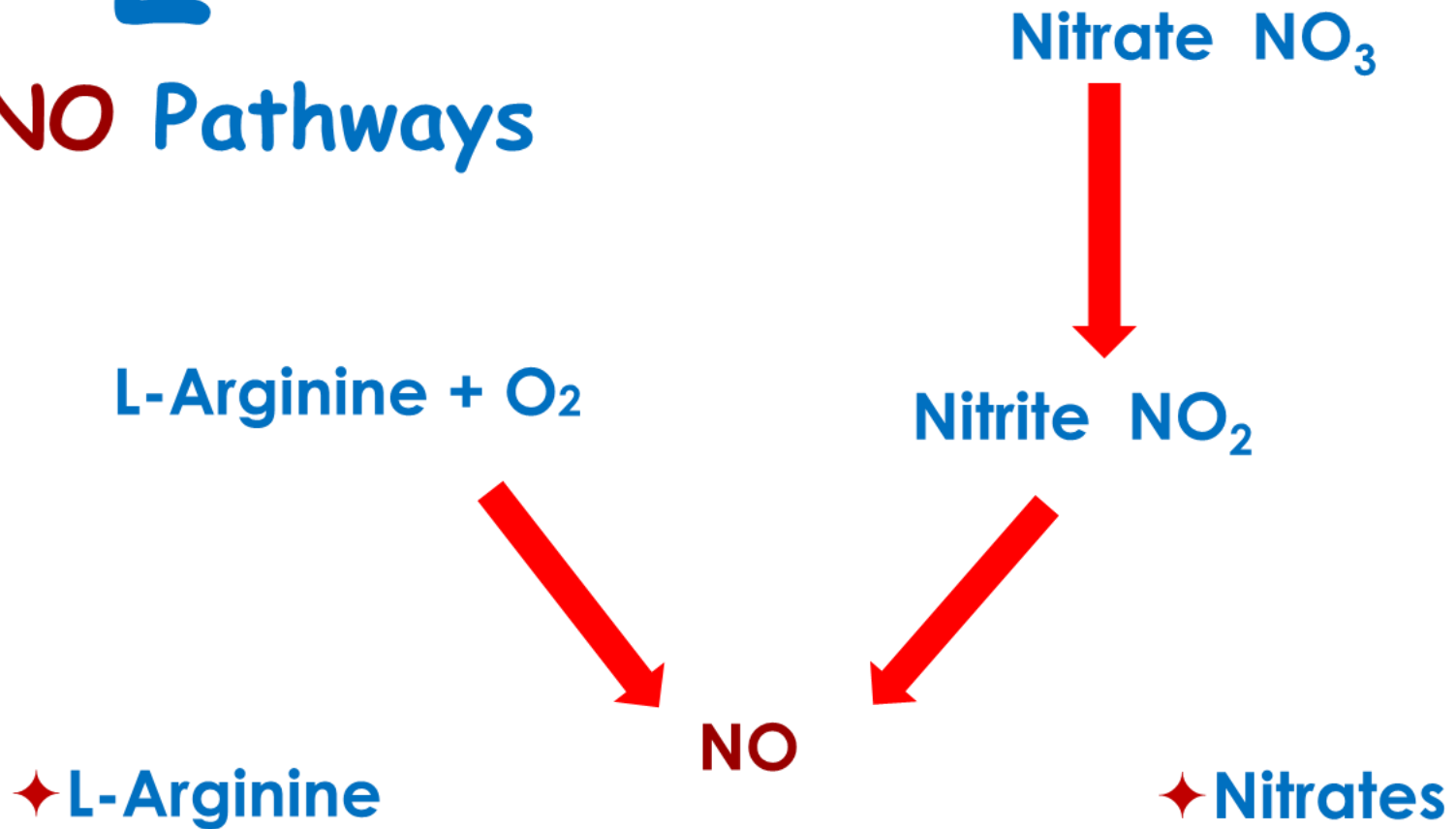


NO and Heart Disease



2

NO Pathways



#3

Digestion and Absorption of Nitrates to Nitric Oxide



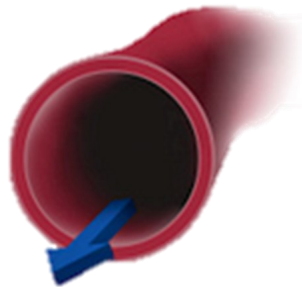
1. Nitrates are supplied by food (dark leafy greens)



2. Oral bacteria in the saliva convert nitrates to nitrites



3. Stomach acid converts nitrites into nitric oxide and it enters the blood stream



5. This allows greater blood flow and circulation which increases oxygen and nutrient transport



4. Nitric oxides immediately triggers the muscles of the arteries to relax so they widen (vasodilation)

