

Vaso-NiOx – Naturally Supports Nitric Oxide (NO) Levels

About Vaso-NiOx

- Vaso-NiOx features a clinically studied standardized beetroot extract, standardized to 2% of nitrates, with other components that naturally support levels of NO (a vasodilator) in the bloodstream.¹
- Along with beetroot extract, it also contains L-arginine, L-citrulline, and vitamin C to help enhance NO availability, along with supportive nutrients such as magnesium, zinc, and vitamin B12.²
- L-arginine is a substrate for the synthesis of NO, which is a vasodilator that helps support cardiovascular health.
- Beetroot has a diverse nutrient profile and is a source of antioxidants that help protect against the oxidative damage caused by free radicals.^{3,4,5}
- Beetroot accumulates inorganic nitrate from the soil as it grows, which is a dietary precursor to NO production in the body.^{5,6}
- Studies show that beetroot helps support normal blood flow, as well as blood, oxygen, and nutrient delivery to tissues by providing substrates for NO production.^{7,8}
- Though NO is formed naturally within blood vessels, dietary sources of nitrate may help act as a reservoir for NO production when the body's requirements increase.^{2,6,9}
- Blood pressure abnormalities can be a risk factor for cardiovascular disease, and dietary measures play an important role in reducing cardiovascular risk as we age.^{10,11}

How to Use Vaso-NiOx

- **Adults 18 Years and Older:** 1 serving once per day or as directed by a health care practitioner. Take a few hours before or after taking other medications or natural health products. Mix 1 scoop (approx. 7.4 g) of product with 300 mL or enough water to ensure the powder is mixed completely before consumption. Use the scoop provided with the product. Consult a health care practitioner for use beyond 3 weeks.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding, suffer from cardiovascular disease, or consume a diet rich in nitrates (e.g., plants from the *Amaranthaceae* family such as beets, spinach, etc.). Consult your health care practitioner prior to using this product if you are taking any prescription medication, including medication for cardiovascular diseases or erectile dysfunction, and/or blood thinners. If you experience symptoms such as weakness, confusion, headache, difficulty in breathing, and/or pale, grey, or blue coloured skin, stop use and consult a health care practitioner as these symptoms may be signs of methemoglobinemia, a rare disorder, which may appear after up to 2 hours of use. Keep out of reach of children.

PATIENT NAME: _____

PRACTITIONER NOTES:

Drug Interactions

- Do not take with levodopa/carbidopa, as magnesium can reduce the bioavailability of levodopa/carbidopa. Beetroot may theoretically increase the level of CYP3A4 substrates. L-arginine may theoretically have additive effects with antihypertensives, antidiabetics, and anticoagulants. L-citrulline may theoretically interact with antihypertensives and phosphodiesterase-5 inhibitors. Vitamin C can increase the amount of aluminum absorbed from aluminum compounds, can increase levothyroxine absorption, and might increase estrogen levels (when taken with estrogens) and decrease fluphenazine levels. Magnesium can have additive effects with calcium channel blockers, and may reduce the absorption of bisphosphonates, digoxin, quinolones, and tetracyclines. It may increase the effects of skeletal muscle relaxants and increase the absorption and effects of sulfonylureas. Zinc may decrease levels and effects of cephalexin, penicillamine, quinolones, and tetracycline.

Quick Tips for Optimal Health

- ☐ A healthy diet can help support cardiovascular health. Studies show that delicious options like the Mediterranean diet (includes unsaturated fats from extra-virgin olive oil, fish, and nuts) and plant-based diets (no animal fats) help support cardiovascular health.¹²
- ☐ Find an exercise you enjoy and regularly participate in it, as exercise helps support cardiovascular and overall health.¹³
- ☐ Do your best to maintain a healthy weight or lose weight if needed, as weight is a modifiable cardiovascular risk factor. A healthy weight helps support both cardiovascular and overall health.¹⁴
- ☐ Try to obtain the recommended 7–9 hours of sleep per night. Inadequate sleep can contribute to inflammation and negatively impact cardiovascular health, while adequate sleep is important for both cardiovascular and overall health.¹⁵
- ☐ Engage in activities or hobbies that help you decompress. Stress management may support cardiovascular health, as elevated stress and stress hormones can contribute to cardiovascular risk.¹⁶
- ☐ Avoid or stop smoking and limit alcohol to no more than 1–2 drinks per day to help support cardiovascular health.^{17,18}

PRACTITIONER CONTACT INFORMATION:

References

1. Jones, T., Dunn, E.L., Macdonald, J.H., et al. (2019). The effects of beetroot juice on blood pressure, microvascular function and large-vessel endothelial function: A randomized, double-blind, placebo-controlled pilot study in healthy older adults. *Nutrients*, 11(8), 1792.
2. Bryan, N.S. (2015). Nitric oxide enhancement strategies. *Future Sci OA*, 1(1), FSO48.
3. Punia Bangar, S., Sharma, N., Sanwal, N., et al. (2022). Bioactive potential of beetroot (*Beta vulgaris*). *Food Res Int*, 158, 111556.
4. Chen, L., Zhu, Y., Hu, Z., et al. (2021). Beetroot as a functional food with huge health benefits: Antioxidant, antitumor, physical function, and chronic metabolomics activity. *Food Sci Nutr*, 9(11), 6406-20.
5. Baião, D.S.B., da Silva, D.V.T., & Paschoalin, V.M.F. (2020). Beetroot, a remarkable vegetable: Its nitrate and phytochemical contents can be adjusted in novel formulations to benefit health and support cardiovascular disease therapies. *Antioxidants*, 9(10), 960.
6. Kukadia, S., Dehbi, H.M., Tillin, T., et al. (2019). A double-blind placebo-controlled crossover study of the effect of beetroot juice containing dietary nitrate on aortic and brachial blood pressure over 24 h. *Front Physiol*, 10, 47.
7. Domínguez, R., Cuenca, E., Maté-Muñoz, J.L., et al. (2017). Effects of beetroot juice supplementation on cardiorespiratory endurance in athletes. A systematic review. *Nutrients*, 9(1), 43.
8. Richards, J.C., Racine, M.L., Hearon, C.M., et al. (2018). Acute ingestion of dietary nitrate increases muscle blood flow via local vasodilation during handgrip exercise in young adults. *Physiol Rep*, 6(2), e13572.
9. Qin, L. & Wang, S. (2022). Protective roles of inorganic nitrate in health and diseases. *Curr Med*, 1(4), 1-13.
10. Wu, C.Y., Hu, H.Y., Chou, Y.J., et al. (2015). High blood pressure and all-cause and cardiovascular disease mortalities in community-dwelling older adults. *Medicine*, 94(47), e2160.
11. Tourlouki, E., Matalas, A.L., & Panagiotakos, D.B. (2009). Dietary habits and cardiovascular disease risk in middle-aged and elderly populations: A review of evidence. *Clin Interv Aging*, 4, 319-30.
12. Diab, A., Dastmalchi, L.N., Gulati, M., et al. (2023). A heart-healthy diet for cardiovascular disease prevention: Where are we now? *Vasc Health Risk Manag*, 19, 237-53.
13. Isath, A., Koziol, K.J., Martinez, M.W., et al. (2023). Exercise and cardiovascular health: A state-of-the-art review. *Prog Cardiovasc Dis*, 79, 44-52.
14. Powell-Wiley, T.M., Poirier, P., Burke, L.E., et al. (2021). Obesity and cardiovascular disease: A scientific statement from the American Heart Association. *Circulation*, 143(21), e984-1010.
15. Onyegbule, C.J., Muoghalu, C.G., Ofoegbu, C.C., et al. (2025). The impact of poor sleep quality on cardiovascular risk factors and quality of life. *Cureus*, 17(1), e77397.
16. Obeagu, E.I. (2025). Stress-induced hemostasis: Mechanisms and implications for health. *Ann Med Surg*, 87(6), 3300-09.
17. Mir, H., Eisenberg, M.J., Benowitz, N.L., et al. (2025). Canadian cardiovascular society clinical practice update on contemporary approaches to smoking cessation. *Can J Cardiol*, 41(5), 797-812.
18. Piano, M.R., Marcus, G.M., Aycock, D.M., et al. (2025). Alcohol use and cardiovascular disease: A scientific statement from the American Heart Association. *Circulation*, 10.1161/CIR.0000000000001341.