

# Neo40® News

## The Truth About L-Arginine

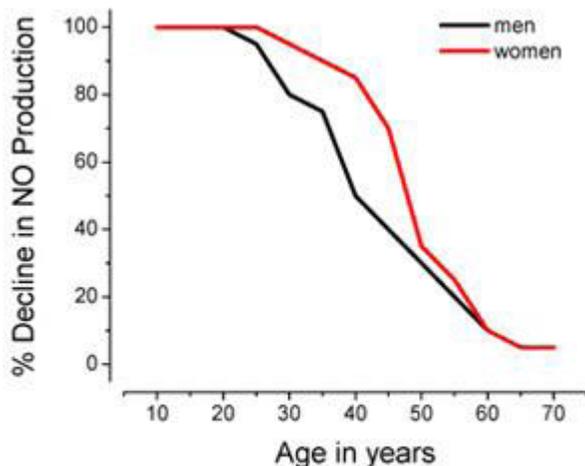
L-arginine is widely marketed as a nitric oxide (N-O) booster. But does it really work? To answer that question, we need to take a closer look at how N-O is produced in the body.

### L-Arginine & N-O Production

Most N-O is produced by the endothelium (the lining of your blood vessel and artery walls). In a young or healthy body, L-arginine is an essential precursor in nitric oxide production in the endothelium.

However, most people over the age of 40 have some degree of endothelial dysfunction. As such, the **endothelial pathway to N-O production begins to diminish, and L-arginine alone can't turn it around.**

Studies show that by age 40, your N-O levels are significantly lower than they were 20 years earlier. By the time you reach 70 years of age, a full 75% of your N-O production ability could be gone (see graph below).



Compilation of data from multiple published reports in humans  
Gerhard et al Hypertension 1996  
Celermajer et al JACC 1994  
Taddesi et al Hypertension 2001  
Egashira et al Circulation 1993

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Unfortunately, **the body has plenty of L-arginine in it already, so adding more will not increase the production of N-O** in the endothelium.

An easier way to think about this concept is to imagine a sputtering old car. The car is going to creep along just the same, whether you have a quarter-tank of gas or a full tank of gas, because the engine — not the fuel — is the problem. Likewise, adding more L-arginine to your tank after age 40 isn't going to change much of anything because your endothelium is already "malfunctioning."

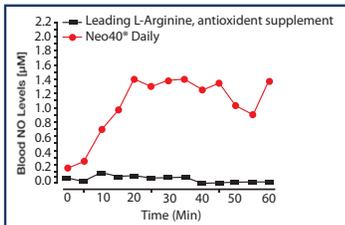
In addition to being ineffective, **L-arginine has also been associated with a number of unpleasant side effects**, including nausea, bloating, diarrhea, and a worsening of breathing in individuals with asthma.

## An Alternative Solution

A second pathway for N-O production that's far more effective for people over 40 is the nitrate/nitrite/N-O pathway (also called the "enterosalivary pathway"). This secondary pathway converts naturally occurring dietary nitrates from your food into nitrite in the

mouth. This nitrite is swallowed in saliva and then either immediately converted to N-O in the stomach, or stored in the body so that it can be converted to N-O later as needed.

**Neo40® daily bypasses the L-arginine pathway**, instead using plant-based nitrates and nitrites to create improved nitric oxide levels throughout the body. The **Neogenis®** patented nitric-oxide delivery system has been shown to improve nitric oxide conversion through the enterosalivary pathway by up to 95%.



In one study, researchers at the University of Texas compared the effects of Neo40 daily with L-arginine among healthy adults between the ages of 36-52.

In just 30 minutes, the group receiving **Neo40 daily boosted nitric oxide blood levels by an extraordinary 200%**. In contrast, the L-arginine group showed no discernible increase even after one hour.

## Take Control of Your Health

Nitric oxide is absolutely essential to long-term health. It is the master regulator of the cardiovascular system that signals for blood vessels to relax and dilate, improving circulation and blood flow to every system in the body.

### Our Science Leaders



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