

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 45

Amount Per Serving

% Daily Val-

### Amino Acid Blend:

2 100

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A-AKG (arginine alpha-ketoglutarate),  
OKG (ornithine alpha-ketoglutarate),  
L-GKG (L-glutamine alpha-  
ketoglutarate), A-KIC (arginine  
ketoisocaproate)  
and L-citrulline

\*Daily Value not established.

### Other Ingredients:

Celluloses and plant derived magnesium stearate.

### DOSAGE IS EVERYTHING

Most arginine based supplements on the market don't provide the amounts needed to induce nitric oxide (NO) responses. Doses of L-arginine, ornithine and citrulline vary based on the research studies examined. Typical daily doses for nitric oxide production and regulation of blood pressure range from 2-4,000 milligrams (2-4 grams). This is the amount needed to elicit the nitric oxide response. Each 2 capsule serving of **Optimal Opti-Nitric** contains 2 grams. Studies focusing on more serious acute conditions have utilized daily dosages from 6-9,000 milligrams. Consult with your physician for proper dosing.

### NOTE ON CITRULLINE

Supplementing L-citrulline increases ornithine and arginine plasma content. This means L-citrulline supplementation improves the ammonia recycling process and nitric oxide metabolism. L-citrulline is also used to alleviate erectile dysfunction caused by high blood pressure.

The other pathway that helps boost nitric oxide is the nitrate pathway. This pathway works at any age and when combined with **Optimal Opti-Nitric** makes for the most potent nitric oxide boost possible. **Optimal Fruit and Veggie Plus** has over 35 fruits and vegetables and has HUMAN CLINICAL STUDIES showing it boosts nitric oxide levels. Many people have nicknamed this combination as the "**Nitric-Oxide Cocktail**" because they take a serving of the fruit and veggie plus powder in drink form along with 4 **Optimal Opti-Nitric** capsules.

### Studies on Arginine include:

u.a. Chen, J., Wollman, Y., Chernichovsky, T. et al: Effect of administration of high-dose nitric oxide donor Arginine in men with organic erectile dysfunction: results of a double-blind, randomized, placebo-controlled study. *BJU International* 83, 269-273, 1999. Zornio, A.W., Lizza, E.F.: Effect of large doses of the nitric oxide precursor Arginine on erectile dysfunction. *Int J Impotence Res* 6, 33-36, 1994

"Stanislavov, R., et al. "Treatment of erectile dysfunction with pycnogenol and L-arginine", *J Sex Marital Ther* 2003 May-Jun, 29 (3), pp. 207-213"

Stühlinger & Stanger: Asymmetric Dimethyl-L-arginine (ADMA): A possible link between homocyst(e)ine and endothelial dysfunction. *Current Drug Metabolism*, 2005, 6, 3-14 "

"Bednarz B et al.: Efficacy and safety of oral Arginine in acute myocardial infarction. Results of multicenter, randomized, double-blind, placebo-controlled ARAMI pilot trial. *Kardiol. Pol.* 2005, 62, 421-26 "

Krause M et al.: Arginine is essential for pancreatic beta-cell functional integrity, metabolism and defense from inflammatory challenge; *J Endocrinol.* 2011 Jul 22

z.B. bei Shaheen E Lakhani, Karen F Vieira et al.: Nutritional and herbal supplements for anxiety and anxiety-related disorders: systematic review; *Lakhani and Vieira Nutrition Journal* 2010, 9: 42

- See more at: <http://aminoacidstudies.org/l-arginine/#sthash-zli3cSoO.dpuf>

Williams, J.Z., Abumrad, N. & Barbul, A. (2002) *Effect of a Specialized Amino Acid Mixture on Human Collagen Deposition*, *Annals of Surgery*, Volume 236, issue 3, (pp. 369 - 375)

Lavie, L., Hafetz, A., Luboshitzky, R. & Lavie, P. (2003) *Plasma levels of nitric oxide and L-arginine in sleep apnea patients*, *Journal of Molecular Neuroscience*, Volume 21, issue 1, (pp. 57-63)

Merimee, T.J., Lillicrap, D.A. & Rabinowitz, D. (1965) *Effect of arginine on serum levels of human growth-hormone* *Lancet*, Volume 2, issue 7414, (pp. 668-670)

Wu, G.A.B., Meininger, C.J., Knabe, D.A., Baze, F.W.A. & Rhoads, J.M. (2000) *Arginine nutrition in development, health and disease*, *Current Opinion in Clinical Nutrition & Metabolic Care*, Volume 3, issue 1, (pp. 59-66)

Piatti, P.M., Monti, L.D., Valsecchi, G., Magni, F., Setola, E., Marchesi, F., Gallieni, M., Pozza, G. & Alberti, K.G.M.M. (2001) *Long-term oral L-arginine administration improves peripheral and hepatic insulin sensitivity in type 2 diabetic patients*, *Diabetes Care*, Volume 24, issue 5, (pp. 875-880)

Ammann, P., Laib, A., Bonjour, J.-P., Meyer, J. M., Rügsegger, P. & Rizzoli, R. (2002) *Dietary essential amino acid supplements increase the bone strength by influencing bone mass & bone microarchitecture in an isocaloric low-protein diet*, *Journal of Bone and Mineral Research*, Volume 17, issue 7, (pp.1264-1272)



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*\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*