

NITRIC OXIDE

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[Nitric oxide - Wikipedia](#)

Nitric oxide (nitrogen oxide or nitrogen monoxide) is a colorless gas with the formula NO. It is one of the principal oxides of nitrogen. Nitric oxide is a free radical, i.e., it has an unpaired electron, which is sometimes denoted by a dot in its chemical formula, i.e.,

[What is nitric oxide and how does it work? - Nutrition Express](#)

With nitric oxide deficiencies due to aging, inactivity, smoking, high cholesterol, fatty diets, and lack of healthy foods, increasing your nitric oxide levels can help increase your energy, vitality and overall wellness. The basic adage of eating well and staying active all makes sense now.

[Nitric oxide \(inhalation gas\) Uses, Side Effects ...](#)

Nitric oxide is a gas that is inhaled. It works by relaxing smooth muscle to widen (dilate) blood vessels, especially in the lungs. Nitric oxide is used together with a breathing machine (ventilator) to treat respiratory failure in premature babies.

[5 Health Benefits of Nitric Oxide Supplements](#)

Nitric oxide is produced by nearly every type of cell in the human body and one of the most important molecules for blood vessel health. It's a vasodilator, meaning it relaxes the inner muscles.

[Nitric Oxide Supplements Benefits and Side Effects](#)

Many health food stores sell nitric oxide supplements, which claim to boost workout performance and enhance endurance. Nitric oxide is a naturally occurring gas in the body that helps increase

[20 Ways to Increase Nitric Oxide \(NO\) Levels Naturally ...](#)

Nitric oxide (NO) is a gaseous signaling molecule of the human body, and also a powerful vasodilator. Because of the fact that it enhances circulation all around the human body, nitric oxide boosters are generously used as pre-workout supplements among weight-lifters and various other athletes that

[Nitric oxide | NO - PubChem](#)

A free radical gas produced endogenously by a variety of mammalian cells, synthesized from ARGININE by NITRIC OXIDE SYNTHASE. Nitric oxide is one of the ENDOTHELIUM-DEPENDENT RELAXING FACTORS released by the vascular endothelium and mediates VASODILATION.

[Sex, Nitric Oxide, and Your Heart | Pritikin Longevity Center](#)

Nitric oxide expands the blood vessels, increasing blood flow and decreasing plaque growth and blood clotting.

Sex, Nitric Oxide, and an Unhealthy Lifestyle Conversely, when the endothelium senses high cholesterol, high blood pressure, smoking, or emotional distress, it releases less nitric oxide, and atherosclerosis (heart disease) accelerates.

10 Foods to Boost Nitric Oxide - The Drs. Wolfson

In a second pathway, an enzyme known as nitric oxide synthase (NOS) synthesizes nitric oxide from the amino acids L-arginine, L-citrulline and oxygen. Nitric oxide can then impact vasodilation, blood pressure regulation, inhibition of endothelial inflammatory cell recruitment, and platelet aggregation.