



Foods That Naturally Boost Nitric Oxide

Your body doesn't get nitric oxide directly from food. Instead, it produces it from two main dietary sources:

- **Nitrates** (found in vegetables, especially leafy greens)
- **L-arginine and L-citrulline** (amino acids found in certain proteins and plant foods)

Here's a list of top nitric oxide–boosting foods:

Vegetables (Rich in Nitrates)

- **Beets and beetroot juice** – One of the most potent natural sources
- **Spinach, arugula, kale** – Leafy greens are nitrate powerhouses
- **Celery**
- **Lettuce**
- **Swiss chard**

Plant-Based Amino Acids (L-Arginine / L-Citrulline)

- **Watermelon** – Especially rich in L-citrulline
- **Nuts and seeds** – Especially walnuts, almonds, pumpkin seeds
- **Chickpeas and lentils**
- **Soybeans (edamame)**

Animal-Based Sources of L-Arginine

- **Turkey and chicken breast**
- **Salmon and tuna**
- **Eggs**

Other NO-Supporting Foods

- **Dark chocolate and raw cacao** – Contain flavonoids that enhance NO production
- **Garlic** – Stimulates nitric oxide synthase, the enzyme that produces NO
- **Pomegranate** – Boosts nitric oxide bioavailability
- **Citrus fruits** – Provide antioxidants that protect NO from breaking down

Tips to Maximize Your Nitric Oxide Naturally

- **Chew your greens well** – Saliva plays an important role in converting dietary nitrates.
- **Avoid mouthwash right before or after nitrate-rich meals** – It kills the oral bacteria needed to convert nitrates into nitric oxide.
- **Exercise regularly** – Physical activity itself stimulates nitric oxide production.
- **Practice deep breathing** – Nasal breathing, in particular, promotes NO release in the sinuses.

Nitric oxide is a natural, non-invasive way to boost your overall well-being. NO Assists in building a stronger heart, sharper mind, and more energy during the day.

Disclaimer: The above shares information considered to be reliable from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. The above does not take into consideration any type of concerns such as food allergies or aversions. Always consider whether this information is appropriate for you & always confer with your health professionals.