

RedNite®

Introduction:

RedNite is the first, 100% natural red beet concentrate, standardized for 1.5% - 2.75% nitrate. It is made from fresh beetroot processed within 24 hours from harvesting to ensure best color and actives.

Nitrate is converted in the body into Nitric Oxide (NO). It is involved in increasing blood flow to the muscles, which makes it easier for your power generators, known as mitochondria, to produce energy. It also maintains blood pressure and controls muscle contraction.

Past studies have shown that beet can help cut minutes off run times, improves tolerance against high-intensity muscles. Oxygen is used more efficiently, so athletes have more power, are able to run faster, and are able to move more efficiently.

Standardized RedNite® ensures extra oxygen flow, more blood flows to the muscles because of the created widening of the blood vessels.

Muscles can work longer which boosts stamina and increases performance.

Advantages:

- Contains 5 times more nitrate and 10 times more antioxidants than red beet.
- Tastes much better than red beet juice.
- Is completely water soluble
- Is low in oxalic acid and free from nitrites.
- Heavy metal, residual solvent, allergen, gluten, pesticide free.
- Even when used on a daily basis, EFSA advice on nitrate consumption is complied. It contains less than 150 ppm oxalic acid.

How to use it:

- Shows the best results when taken before exercise: 7-10 days and 2 - 3 hours before.
- It's an ideal ingredient for drinks, bars, gels, gums etc.

Bibliography:

Flanagan SD, Looney DP, Miller MJ, DuPont WH, Pryor L, Creighton BC, Sterczala AJ, Szivak TK, Hooper DR, Maresh CM, Volek JS, Ellis LA, Kraemer WJ. The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. *J Am Coll Nutr.*2016;35(2):100-7. Erratum in: *J Am Coll Nutr.* 2017 May-Jun;36(4):317.