

FREE



Healthy *by* Nature

Sharing a commitment to healthy communities

ISSUE #10 SUMMER 2021

SPECIAL
OFFERS
IN-STORE
TODAY

FITNESS FOR YOUR MENTAL HEALTH

with Rose Keddell



SUMMERY
COLLAGEN
MOCKTAIL
FOR VIBRANT SKIN

10 WAYS TO
DETOX
WITH BEN WARREN

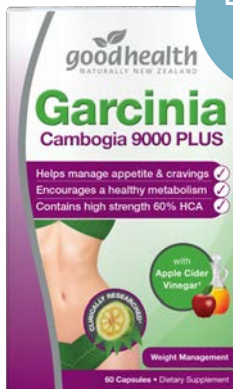
4 NUTRITIONAL
WAYS TO SUPPORT
**JOINT
HEALTH**

OUR
STORES IN
ACTION

Three step body prep with Good Health



GOOD HEALTH
Body Cleanse 7 Day Detox



GOOD HEALTH
Garcinia Cambogia with
Apple Cider Vinegar

Good Health Body Cleanse and Good Health Garcinia Cambogia with Apple Cider Vinegar supports:

- Weight management by supporting digestion;
- Liver health and healthy metabolism.

The benefits include:

- Support for liver and bowel function;
- Providing quick results while supporting weight management long term.

How does it work?

Step One - Liver Detox

The liver cleans and filters our system using Phase I and Phase II Detox pathways. It works to help eliminate unnecessary by-products from the body and maintains appetite hormones; Leptin and Ghrelin.

Good Health Multi Cleanse contains specific liver herbs; milk thistle, dandelion root, yellow dock and turmeric to support Phase I and Phase II Detox pathways. While red clover and burdock support the elimination of by-products, as a direct result of liver metabolism and detoxification.

Step Two - Eliminate

The bowel is responsible for eliminating by-products that are a direct result of fat metabolism in the liver, but also general metabolism from the environment, hormones and processed foods.

Good Health Multi Fibre Cleanse contains specific nutrients and fibre; slippery elm, chlorella, beetroot, apple pectin, flaxseed and psyllium husk to bind toxins for elimination via the bowel. Multi Fibre Cleanse supports elimination of by-products that are a direct result of general metabolism and fat metabolism, helping to support bowel function for optimal short-term and long-term weight management.

Step Three - Metabolise

The liver and bowel are involved in our metabolism as they need to be effectively eliminating by-products from the system, to prevent them recirculating. The liver also plays a huge role in manufacturing and maintaining the relationship of our appetite hormones, Leptin and Ghrelin.

Good Health Garcinia Cambogia with Apple Cider Vinegar supports:

- Healthy fat metabolism;
- Digestion for effective weight balance;
- Appetite and cravings;
- Mood and general wellbeing during a weight management programme.

The Good Health three step body prep uses our Good Health Body Cleanse 7 Day Detox and Good Health Garcinia Cambogia with Apple Cider Vinegar together, to provide optimal liver detoxification and bowel function support, which facilitates the elimination of by-products that are a direct result of fat metabolism. This supports healthy weight management in the short and long term, by supporting detoxification, elimination and metabolism.

Good Health three step body prep Q&A

How quickly does it work?

Individual results may vary, but results can start showing within 48-72 hrs of doing the cleanse.

What is metabolism?

The rate at which one burns calories.

How do the liver and bowel impact weight management?

The by-products from general metabolism, such as hormonal and environmental toxins, are effectively eliminated and therefore allow by-products of fat metabolism specifically, to be eliminated from the body.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Weight management products should be used in conjunction with a balanced diet and exercise Good Health, Auckland. TAPS PP6671

In *this issue*

Summer is here! With the weather warming we've had a fabulous time writing this issue and bringing stories to encourage and uplift you after the turbulent year we have had.

This year, without a doubt has taught many of us just how important it is to maintain your health and wellbeing, for yourself and your loved ones.

We talk to New Zealand Black Stick, Rose Keddell about the impact fitness can have on your mental wellbeing and why it's so important.

We're also all about collagen and skin this issue with a summery collagen mocktail that will have your skin glowing along with showcasing the best collagen products on the market.

Continuing with the gear up for summer theme, Ben Warren from BePure gives us the inside scoop on detoxifying and the best process for maintaining optimal health, energy levels and bright skin.

Thanks so much to all our lovely customers for your ongoing support. It really means a lot to us, we wouldn't be here without you.

The Community Health Stores team

For more information visit us at communityhealthstores.co.nz or follow us on



5. Our store locations

Find your closest Community Health Store.

6. Four nutritional ways to support joint health

Regardless of your age, it's important to look after our joints. Take a proactive approach when it comes to joint health.

8.



The benefits of exercise on mental health

New Zealand Black Stick Rose Keddell talks about the benefits of exercise for your mental health.

10.



Ten ways to detox with Ben Warren

Give your body the detox it needs this summer.

13. The summery mocktail your skin will thank you for

Recipe: Orange collagen mocktail.

14. Our stores in action

Updates from our stores North Island wide.

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NOURISH GOOD BACTERIA



Healthy by Nature is created by WOODS Agency for Community Health Stores.

Thank you to: Claire Sun, Nicole Freebairn, Claire Mossong, Danelle Bourgeois, Ben Warren, Elly Strang, Cliff Harvey, Rose Keddell, The Community Health Stores Group, Tracy Benton, Unsplash, Webstar Print.

Summer beauty from the inside out

By Sharlene Bennett BHSc • Lifestream Naturopath

As summertime and the festive holiday season arrives, we often begin to feel overwhelmed, tired, and stressed. Our skin can be the first sign of our inner health with stress, nutrition, and tiredness all having an impact on our skin health.

One of the most vital ingredients for summer well-being is skin protection. Powerful plant antioxidants such as astaxanthin help protect against free radical and U.V damage, supporting healthy skin protection and recovery.

Lifestream Astazan contains the powerful plant ingredient astaxanthin for total body protection and fast recovery. Sustainably sourced from red algae, Lifestream Astazan is grown in fresh clean water and natural sunlight. Astazan delivers the potent ingredient astaxanthin for skin health starting from the inside. **Lifestream Aloe Vera Gel** further offers soothing skin recovery, alongside Lifestream Astazan for the ultimate skin protection package for healthy summer skin and well-being from the inside out.



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CHS *store directory*

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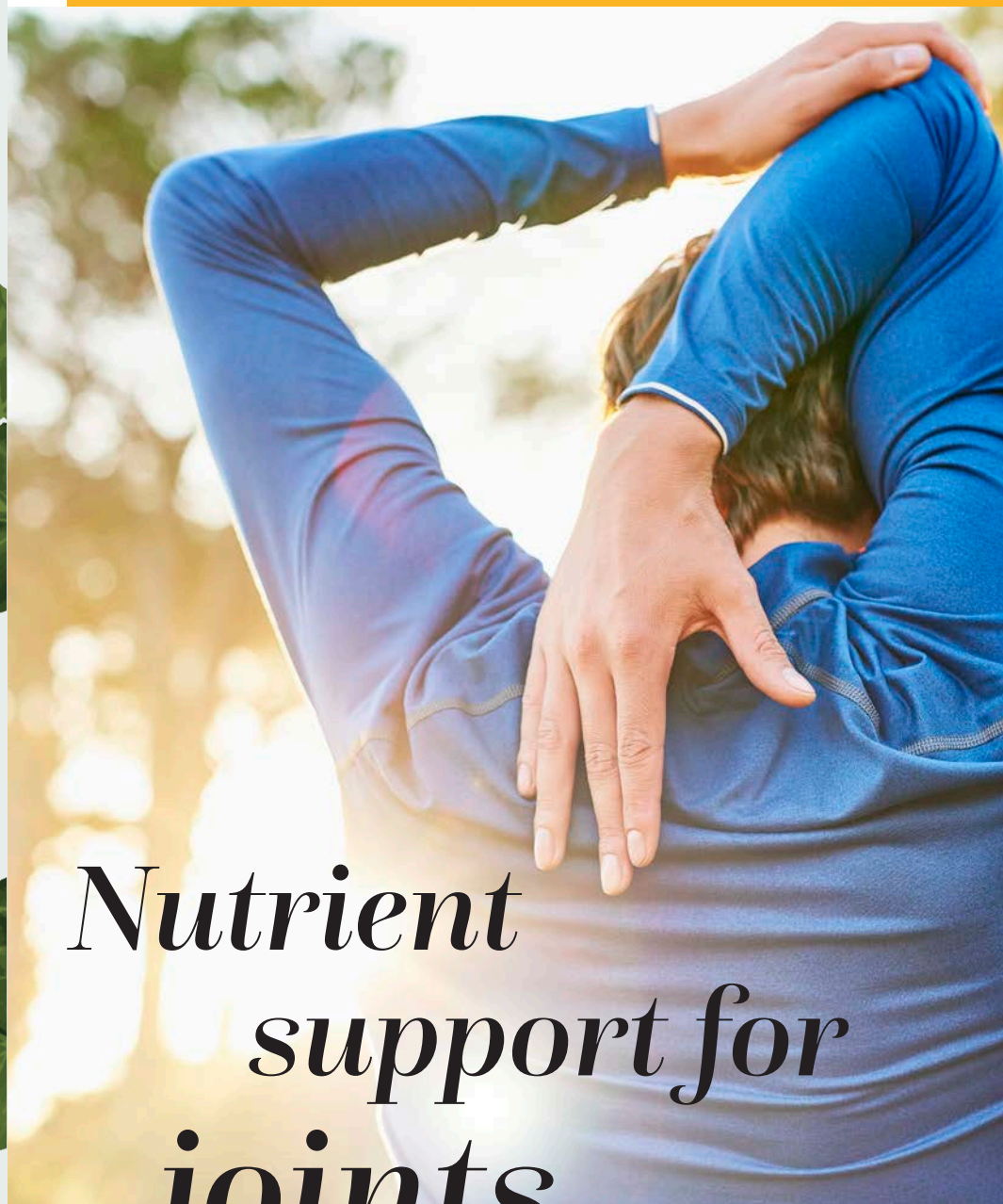
Kiwiherb.co.nz

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Nutrition



Nutrient support for joints

WORDS Nicole Freebairn,
Natural Nourish Co

Regardless of age, it's important to look after our joints. Taking a proactive approach can make all the difference in supporting our joint health as we age or increase our activity levels.

When it comes to eating right for your joints, unfortunately there are no miracle cure-all quick fixes.

It's no secret that consuming more wholefoods and less processed foods is beneficial for many areas of health, our joints being no exception. However, there are a few foods which deserve a moment in the spotlight when it comes to supporting our joints.



Oily fish

Salmon, tuna and other oily fish are a great source of omega-3 fatty acids which are well studied to help reduce inflammation. Anti-inflammatory nutrients such as omega-3 may be helpful for those suffering from arthritis and/or joint swelling, but also those who are doing a lot of high impact exercise. Increasing your omega-3 intake may be helpful in reducing joint pain and stiffness.

Protein

All of the connective tissue surrounding our joints is made up of protein, predominantly collagen. As we don't store protein in the body, getting enough through our foods on a daily basis is important to build and maintain healthy connective tissue. In addition to this, protein helps us to build healthy muscles which support and ease the pressure on our joints.

Dark green vegetables

Consuming a variety of fruits and vegetables is beneficial for many reasons, but dark green vegetables in particular are a good source of calcium, antioxidant vitamins and other protective compounds.

Warming spices such as turmeric

Turmeric contains a compound called curcumin which has a potent anti-inflammatory action.

As always, food is only one part of the puzzle when it comes to our health. Taking a holistic approach to address other areas such as lifestyle, movement, and any other factors that might be impacting your joints is always more beneficial than looking at food alone. Keeping active and boosting vitamin D intake via sun exposure can also be beneficial in looking after our joints and overall health.

If you are after any more guidance with joint health or other health goals, please don't hesitate to contact Nicole at hello@naturalnourishco.co.nz or reach out via social media, @naturalnourishco.

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Fitness for your mental health

Finding strength in uncertainty

WORDS Elly Strang

Rose Keddell's year took an unexpected turn when the Tokyo 2020 Olympic Games were postponed. Rather than let a change of plans get her down, Rose has embraced exploring a life beyond hockey. She talks her love of fitness, finding new passions and building mental resilience.

Most New Zealanders would be in agreement that 2020 has not been an ideal year to have important plans in place. The Covid-19 outbreak has caused overseas trips to be cancelled, weddings to be postponed and friends and families to be separated.

Black Sticks player Rose Keddell was dealing with a different sort of loss: the chance to play in the Tokyo 2020 Olympic Games, which were originally planned for July.

On March 25, Japan's Prime Minister Shinzo Abe announced the Tokyo Olympic Games would be postponed until 2021. This happened to be the same day New Zealand moved into a strict level four lockdown nationwide, with the full impact of the pandemic starting to take shape on our home turf.

Rose said this announcement was a bittersweet outcome for the New Zealand women's national hockey team, the Black Sticks. On one hand postponing was a relief, as due to disruptions from the pandemic, the team couldn't train as usual. Everyone was trying to cram their Olympics preparation in by practicing hockey in

their garages and on their front lawns. But on the other hand, they would have to wait another year for a shot at a medal.

The change of plans meant that Rose was unexpectedly pressing pause on hockey for the first time in nearly a decade.

"I think it's important and actually really challenging to work out what else you enjoy outside of your sport, because it can be quite easy to get tunnel vision," she says. "I'm coming up nine or ten years in the national team, so it's been nice to step away from hockey and not have any kind of involvement in it – not even at a club level – to step back and think, 'Okay, what is it I actually like to do?'"

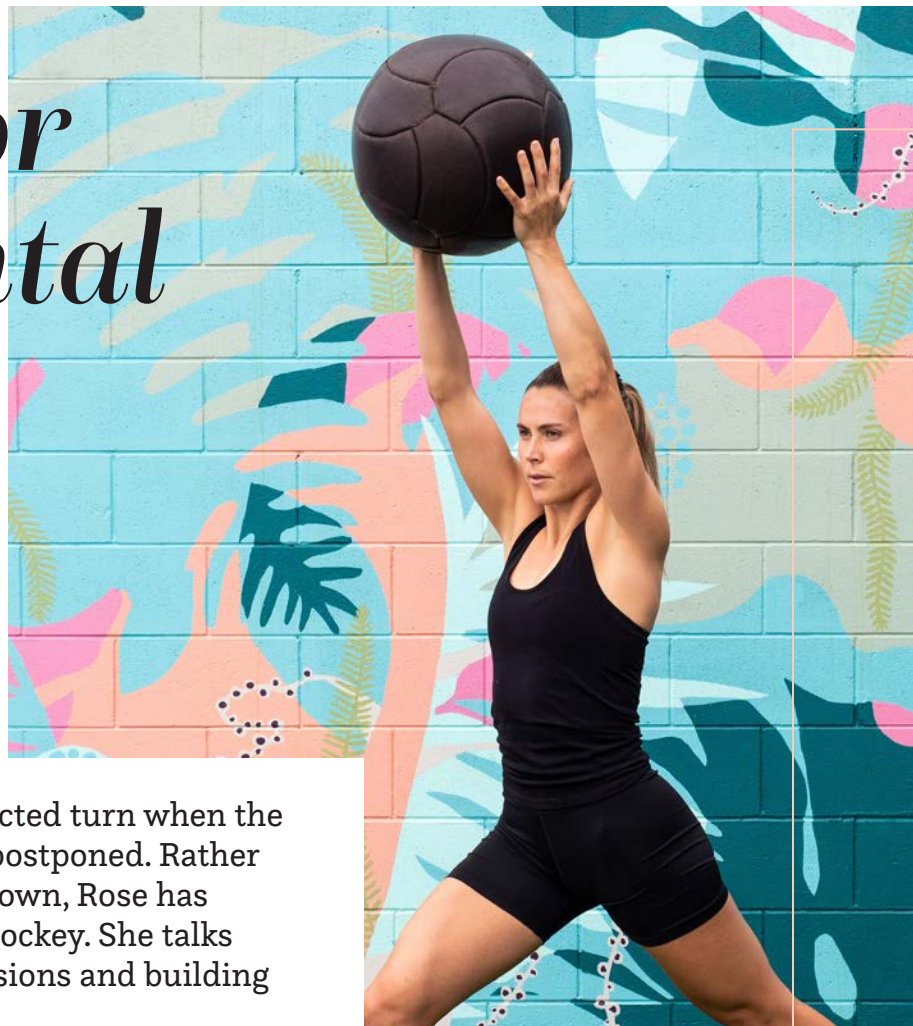
In the face of uncertainty, Rose decided to take the opportunity to slow down, have surgery on a broken bone in her foot, and then return home to Mount Maunganui to recover.

She also turned her love of fitness to a new athletic pursuit: pilates. Rose completed her reformer and mat training course over lockdown and is now teaching part-time at local studio Reform Fitness, alongside teaching fitness classes at local gym, Natural Fit.

"The first time I went to pilates, I was confident because I train quite a lot, but then I was like, 'Ho-ly, I can't do half of this stuff,'" Rose laughs. "You underestimate how hard it is to hold your body weight."

“
I'm really passionate about getting everybody moving, as it's really important for your physical and your mental wellbeing.
”

"In saying that, pilates is also not like doing a HIIT class where it is super high intensity and not always suitable for individuals with injuries. Pilates is much more controlled and we can adapt every exercise to every body. I'm really



passionate about getting everybody moving, as it's important for your physical and your mental wellbeing."

Despite 2020 not shaping up quite like she had pictured it, Rose says her pivot away from hockey and into new passions has been a really positive experience.

"I've been working with really lovely people who have had a lot of empathy for me this year around how everything's gone," she says. "I've been really well supported in my new endeavours and feel like I'm learning a lot, which has been cool. It's been a great distraction from what's been quite a tough year."

Rose's resilient mindset in the face of a major setback can be credited to the years she's spent cultivating a steely mental state in high-pressure sporting environments. She says one thing she's learnt in being a professional athlete is that exercise and mental strength do affect each other.

"I think the mental health journey involves a lot more than just including exercise into your daily life to make you feel better. Although it helps, it is not the only thing you need. There is a lot of internal work that you have to do to be able to have a sound mind and not get rattled by challenges," she says.

"However, if you're not looking after yourself and your body is not as fit or as healthy as it could be, then you're not giving yourself the best chance at having a healthy mindset. So exercise and mental health definitely correlate."



Rose's hiatus from hockey comes to an end soon, as she's heading back up to Auckland in January to begin training for the 2021 Olympic Games. There is still an air of uncertainty around whether the games will actually take place, given that the pandemic is far from over in many parts of the world. But Rose says for now, the narrative is that the Olympics is going ahead.

"We're all open to whatever outcome, but you have to trust the powers that be that say it is happening and get on with it. I really feel for some of the athletes who are dealing with this weird time, because it's quite unsettling for people who've never been before, or for those who this'll be the only Olympic games they'll ever go to."

When it comes to mental strength, one advantage Rose and the Black Sticks have is that Covid-19 is under control in their country, which means there's a sense of normality while they're training.

"It's lucky that we can live life as normal and get on with what we're doing training wise for the most part, it could potentially give us an advantage over our opposition," she says.

As for life beyond the 2021 Olympic Games, Rose says she hasn't quite decided what's next.

"It's still definitely a work in progress, but the positive of this year is that I do feel a little bit closer to figuring it all out."



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Always read the label and use as directed. Dietary supplements are supplementary to a balanced diet. The Good Vitamin Co, Auckland

10 ways to detox

WORDS Ben Warren, BePure

Day to day our bodies are exposed to a whole lot of toxins, whether we're aware of it or not; think pesticides on our food, chemicals in cleaning supplies (and even toothpaste!), toxins in makeup, plastics in drink bottles... the list goes on.

Our liver processes all of these toxins daily, as well as dealing with other 'liver loaders' such as alcohol, coffee and hormones —it's a pretty busy organ!

In times of increased toxin load our body requires more nutrients in order to work faster. If our body doesn't have these nutrients available, the liver can't keep up, becomes overloaded and can no longer eliminate the toxins. Toxins that are not processed are stored as body fat to be dealt with at a "later date" but unless we give our body the chance it needs to catch up and process these toxins out, they'll continue to build up.

Removing toxins from our body is one of the most important things we can do for maintaining optimal health and energy levels, bright skin, eyes and weight management. Even Ben routinely does a detox! When we say detox, we mean giving our liver a period of time with less daily admin (reducing toxin exposure and alcohol consumption) so that it has the space it needs to start processing its toxin backlog and eliminate them from the body.

As we get into 'spring cleaning' mode and start doing a deep clean of the house - now is also a great time to also

focus on cleaning out our 'internal house' by supporting our body's detoxification system.

Here are 10 easy ways to detox.

1) Drink plenty of pure water

Water is a detox's best friend. If our body is dehydrated, all of our detox systems will not be able to work at their best. Water is responsible for keeping the digestive system flowing and for the efficient filtration processes in the liver and kidneys. Aim to drink 0.033 Litres of pure water per Kg of body weight - for a 75Kg person, that's 2.5L of water a day.

2) Support liver function

The liver detoxes in a two-stage process and needs a large amount of micronutrients (vitamins, minerals and antioxidants) to be able to perform this process. The best way to support liver function is by eating organic fruit, vegetables and meats (see tip 3) and supplementing your diet with a high quality multivitamin like BePure One.



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3) Eat the right protein levels for you

Many fad diets and detoxes will ask you to reduce protein – we disagree! Amino acids from protein are essential for liver function and detoxification. Eating the right level of protein and carbohydrates that your unique body needs is a better strategy for long-term, healthy liver function.

4) Eat plenty of healthy fat

One of the main pathways our liver uses to get rid of the processed toxins is through bile. Eating fat helps to stimulate the release of bile and encourages bowel motion (see tip 7), which helps move the toxins out of our body. We could write an entire book on types of fats, but to keep it simple opt for natural fats, such as; extra virgin olive oil, organic butter, organic coconut oil, organic avocado oil, organic lard or dripping.

5) Include cruciferous veggies into your diet

Cruciferous vegetables like broccoli, cabbage, cauliflower, swede, turnips, kale, and watercress all contain an important compound called Diindolylmethane (DIM) that supports phase 1 and phase 2 detoxification of the liver. You can also find DIM in BePure EstroClear Capsules.

6) Lymphatic massage, and exercise

The lymphatic system is incredibly important and essentially works as our body's 'drainage system'. Waste products from our cells and our blood stream enter our lymphatic system and are filtered out. We can stimulate the lymphatic system through any type of exercise or movement that causes muscle contraction—we especially love rebounders or jumping on the trampoline, but walking is great too. Massage is also fantastic and you can do this yourself—use stroking motions on the skin in a direction towards the heart.

7) Have great bowel movements

A great digestive system is of paramount importance to our body's ability to get rid of toxins—yes we're talking about poop! While most of us flush this down without a second thought, it's actually a fascinating window into our health. Ideally we want to be pooping 30cm a day—the length of your primary school ruler! We also need to be going regularly; this is referred to as our 'transit time'.

When left to sit in the digestive tract for too long, our body begins to reabsorb the toxins that our body is trying to actually get rid of. To figure out your transit time, eat corn or beetroot and record what time you ate, then keep an eye out each time you go to the toilet and take note of when the corn or beetroot evacuates. The time from eating to leaving is your transit time and we want this to be more than 12 hours but not longer than 24 hours.

8) Eat organic food

Eating organic food serves a dual purpose for detoxing. Organic foods contain more nutrients which are used by our body to support liver detoxification. Secondly, without chemical sprays we minimise the chemical load on our liver – a win/win! If you can't afford to buy all organic vegetables, I highly recommend you try growing your own at home or look into the dirty dozen list to help decide which produce to prioritise buying organic over others.

9) Sauna regularly

Having a sauna regularly is a great way to mobilise and eliminate toxins. Infrared saunas have been shown to produce sweat that is made up of 15-20% toxins (heavy metals, sulfuric acid, sodium ammonia, uric acid and fat soluble toxins). Ben has one at home and likes to get in there for 25 minutes twice a week, plus it's a great way to relax and take time out.

10) Relax

This is perhaps the easiest, yet hardest thing to do. Many of the body's detoxification pathways are controlled by our nervous system. Relaxing stimulates our calming parasympathetic nervous system with the flipside is our sympathetic nervous system and the two of them have a yin-yang relationship. Only one can be dominant at a time and we need our parasympathetic nervous system switched on for repair and unessential 'housekeeping duties,' like detoxing. For many people, finding time to relax is a real challenge and activities we find 'relaxing' will change depending on our stage of life and lifestyle. No matter how small, we try to set aside some time each day to enjoy something relaxing; yoga, journaling, going for a walk, meeting a friend for a cuppa.

And that's 10 easy ways to detox. If these are new to you, just start by introducing 1 or 2 of these into your life this month.

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At BioTrace we've been hard at work creating new and amazing products to add to our range. This month we have some exciting news to share with everyone. We have three brand new products!

New to the BioTrace range is our Gallbladder Complete, a potent herbal blend that has been scientifically formulated to support optimal function of the gallbladder and liver. It contains Globe Artichoke, Turmeric and Dandelion root to support bile secretion, which is important as bile helps process and digest fats and remove toxins from the body. There is also Fennel seed which has a long history of use for supporting digestive comfort. We have added Ginkgo and Inositol which has soothing properties to also support the gastrointestinal tract.

BioTrace Eye Health is finally back. We've reformulated it and made it 'Ultra', but what makes it Ultra? On top of having the same potent antioxidants as before such as Lutein and Zeaxanthin, it now also contains a synergistic blend of scientifically researched herbs. Eye Health Ultra contains:

- Blackcurrant extract which supports vision and eye health;
- Eyebright which supports healthy cornea cells;
- Bilberry which is high in antioxidants and may be protective against oxidative stress;

- Ginkgo which has been shown to support blood flow to the brain and exhibit antioxidant activity which may support visual acuity;
- Grape seed extract which contains proanthocyanidins and have been shown to exhibit antioxidant activity to protect the eye from oxidative damage.

Due to demand, our popular BioTrace Organic Chlorella is now available in powder form making it easy to mix into your smoothie, yoghurt, juice, or water. BioTrace Chlorella is a 100% organic, broken cell wall Chlorella and is grown in fresh spring water and sunlight. Our Chlorella is in a unique Sorokiniana form which we find is gentler on the body when detoxifying.

The BioTrace difference

Our supplements are natural and from whole food sources where possible. We avoid synthetic ingredients that are made artificially in a factory process. It's unclear how well synthetic supplements are absorbed in the body but research shows the human body will use nutrients best when it is in a whole food form with synergistic ingredients.

Talk to your local Community Health Store about how these products can help you get the most out of summer and find out more about the BioTrace range.

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Recipe

Orange collagen mocktail

RECIPE NeoCell

CURIOUS ABOUT COLLAGEN? VISIT US IN STORE TO FIND OUT MORE

Your skin works from the inside out to visibly reduce the appearance of wrinkles and unleash your natural vibrancy. So, it's time to nourish your skin from within with collagen! Try out this refreshing mocktail on a balmy summer evening - and as a bonus, get your collagen fix at the same time!

Ingredients

1 cup fresh orange juice
1 scoop collagen powder
100ml soda water
Crushed ice
Orange or lime wedges for garnish
Sprig of fresh mint

Method:

Prepare a glass filled with crushed ice.

Add orange juice and collagen powder to another glass and stir until dissolved fully.

Slowly pour the mixture in to the first glass and stir gently.

Top it off with soda, orange or lime wedges, and a few mint leaves. Serve!

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Tonic Health

\$15 in-store health assessments

Tonic Health's in-store health assessment service includes a health analysis questionnaire, mineral analysis and brief health protocol for each client. Please allow 15-20 minutes to complete this service. Booking is not usually required but at busy times there may be a wait time for this service. Tonic Health also has Naturopathic, Nutritional and Beauty Therapy practitioners available if clients wish to book appointments for these services also.

Call us on 07 854 8342 or book online at tonichealth.co.nz/book-appointment.



Tonic Health staff member Kirstie is demonstrating the Tonic Health in-store health assessment.



Brett Elliott, Medical Herbalist, hosting our latest monthly seminar.

Health for Life

At our Health for Life stores we regularly invite guest speakers to assist our customers along their journey to good health. Our monthly seminars are advertised on Facebook and through our customer club.

At our latest seminar we hosted Brett Elliott, Medical Herbalist with over 20 year's experience. His herbal cleaning program has reached 100,000 people. Brett is a frequent presenter at all our Health for Life stores.

If you are interested in any event, visit our store to register into our free customer club.

Contact our Operations Manager, Julie Brown on 027 317 2511 for the Health for Life Group.

*Terms and conditions: only valid when you purchase a Herb Farm Face Cream AND Cleanser. Offer not transferable. Offer only valid at CHS stores until February 28th 2021.

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Reducing your risk of alzheimer's and age-related cognitive decline

WORDS Cliff Harvey PhD

For many years weight management has been the most common health concern, but recently, as our population grows older, brain health has become a topic of concern here.

This is unsurprising given the rising incidence of the neurodegenerative conditions Alzheimer's and Parkinson's, and other diseases that affect the brain and central nervous system.

Neurodegeneration is the progressive damage and destruction of neurons (brain and nervous systems cells) and/or components of those cells.

This breakdown of cells results in age-related cognitive decline and in more serious cases neurodegenerative disorders; dementias such as Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease (ALS) and Huntington's disease.

Neurodegenerative disorders can be caused by both genetic and lifestyle factors, head injuries, pesticide exposure, hypertension, lack of sleep, a poor diet, depression, excessive alcohol and tobacco use.

So how can you improve your brain health and reduce your risk of cognitive decline?

Exercise your brain and body

Engaging in leisure and physical activities, playing a sport, listening to music and doing brain engaging activities, such as crosswords, learn a new language, can help to reduce your risk of cognitive decline and even improve cognitive function.

Get enough sleep

Not sleeping enough, or poor sleep quality is a risk factor for cognitive decline and dementia. Make sure you get between seven and nine hours of high quality sleep per night.

Eat a healthy well-balanced diet

Eating a diet based mostly on natural, unrefined foods and increasing your fruit and vegetable intake daily, can significantly lower your risk of cognitive decline and dementia.

Growing evidence suggests that the following nutrients can be beneficial for brain health.

Vitamin C from nutrient rich foods (broccoli, citrus fruits and leafy greens) is likely to have a protective function against age-related cognitive decline.

Omega-3 fats EPA and especially **DHA** (fatty fish, nuts and seeds), play an important role in brain development and healthy functioning of the brain and central nervous system.

Caffeine is a well-known cognitive enhancer that can improve attention, vigilance, reaction times, problem solving and mood. In addition, caffeine containing beverages may be protective against cognitive decline and dementia.

Medium-Chain Triglycerides (MCT) are naturally occurring fats found in coconut oil and to a lesser extent in dairy products. MCT supplemented diets may improve mental performance in those experiencing age-related cognitive decline.

Lion's Mane is an edible and medicinal mushroom shown to increase 'nerve growth factor', which helps nerves and brain cells to grow and repair. It has been demonstrated to improve cognitive function.

Many people do not consume sufficient essential nutrients from their diet alone, that's why taking a premium quality multi-nutrient supplement like **Nuzest Good Green Vitality** can help you cover your nutritional bases. Good Green Vitality contains a combination of essential vitamins, minerals, antioxidants, probiotics and adaptogenic herbs to help support cognitive function, memory performance, regulate inflammation and support a healthy immune system.

Extract taken from an article by Cliff Harvey PhD on the Nuzest blog, for further reading and references visit nuzest.co.nz.

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- Sports nutrition: New research in resistance-trained males suggests that glutathione may support Nitric Oxide (NO) production when combined with L-citrulline, as well as help sustain NO levels post workout.



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