

# NITRO NONSENSE

## The effects of nitric oxide supplements on performance

You are always on the lookout to add that extra edge over your competition. Whether through new training techniques, new recovery methods, or changes in your nutritional strategies, anything you can find that can legally boost your performance is a good thing. In fact, it is the main reason you read *JOPP*, seeking out performance-enhancing information that is based on science and not hype or myth. Nutritional supplements can also be used for performance enhancement, but these are often surrounded by more hype than science. One class of nutritional supplements marketed to athletes are called nitric oxide boosters or simply NO or NO<sub>2</sub>. Nitric oxide is a substance in your body that enhances blood flow. The idea is that, by taking these supplements, you will boost nitric oxide in your body, enhance blood flow to your working muscles, and enhance performance and recovery. Companies often make bold claims about these performance-enhancing supplements and that is why science is never far behind in investigating the claims and ascertaining the truth. And so it is with nitric oxide...



**Nitric oxide supplements are purported to enhance your performance. Not so, says new research.**

### **Original Research**

Available with subscription.

**Power Key:** nitric oxide, arginine, blood flow, NO, performance