

Boost Energy, Immunity and Reduce Inflammation from Food

Developed from a desire to heal using plants rich in nutrients that promote nitric oxide production, family owned NutriGardens offers two powder supplement formulas to keep you healthy and full of youthful energy. Whether an Olympic athlete or a busy mom with limited time, Beet Boost® and Spin Boost® will give you natural plant-based nutrients at home or on the go. The powder supplements made by NutriGardens eliminate the mess of juicing and the need for cold storage of fresh juices, providing delicious tasting nutrient-rich beetroot and red spinach, both of which are known to contain high levels of nitric oxide precursors.

Located near Portland, Oregon, the NutriGardens chef and founder began creating Beet Boost® and Spin Boost® by working with scientists at Oregon State University. The high-quality supplements produced by NutriGardens in a GMP certified facility ensure every batch is tested for quality, efficacy, and follow strict adherence to FDA guidelines. These formulas offer a clean label. They are ethically tried and tested, with your health and wellness in mind. Beet Boost® and Spin Boost® work together for pre and post-workout and are also great for daily wellness.

Beet Boost® is derived from USA-grown beets and extract from tart cherries, that contain antioxidants, and phytochemicals like anthocyanins, giving you a low 36 calories pre-workout boost! Rich in essential nutrients that promote nitric oxide (NO) precursors, NO is involved in the release of hormones and adrenaline. Increased blood circulation helps deliverer more nutrients to your muscles during and after workouts, which can aid in growth, and recovery. NO may promote a harder, longer workout and faster recovery. You'll feel an increase in energy thanks to glucose utilization, something that may also help with weight loss.

Spin Boost® is a red spinach powder supplement, derived from the amaranth plant, delivering unrivaled energy from 400mg dietary nitrate per serving – the benchmark used in clinical studies for sports endurance. Nitric oxide may assist in reducing fatigue. During a workout, the body begins to run out of oxygen. When it does, lactic acid will start to buildup forming in muscle tissue, causing fatigue, felt by the burn. Vasodilation created by NO will allow more oxygen to your tissues, reducing the amount of lactic acid buildup, reducing feelings of fatigue.

Working synergistically, Beet Boost®, and Spin Boost® will provide a pre-workout boost to help you work harder, faster, stronger, and longer. At the same time, NutriGarden's whole food supplements provide vital nutrients necessary to reduce sports induced inflammation and fatigue with a natural energy boost. The potential benefits work exceptionally well for an athlete who wants to increase sports endurance and speed up recovery post-workout.

Beet Boost® and Spin Boost® are great for improved day to day living. Studies show that a diet rich in essential nutrients such as those found in beetroot, cherries, and red spinach may promote health and wellness through vasodilation and play a crucial role in optimal cardiovascular function. Benefits include enhanced muscle performance, improving tissue recovery, and prevent oxidative stress.

Wellness Magazine Write-up for NutriGardens

Other potential health benefits include:

- Natural Detox
- Heart Health
- Liver Health
- Brain Health
- Joint Health
- Weight Loss
- Enhanced Libido

Nitric oxide also plays a role in various processes, such as regulating brain activity, preventing age-related memory loss, promoting kidney health, liver function, lung function, and optimizing other organ functions. Recent studies also find that nitric oxide may slow the progression of COVID-19 through therapeutic control, regulating inflammatory cascades associated with lung injury and acute respiratory distress, reducing the replication and rapid spread of SARS-CoV-2.

NutriGardens is proud to provide high-quality vegan, non-GMO wholefood beetroot and red spinach supplement powders to help you gain, maintain, and thrive with energy. Whether it be for day to day self-care, or to kick your workout and recovery into over drive, NutriGardens has the best formulas on the market.

Sources:

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