

## NO7Rage<sup>3</sup>™

### Purpose & Rationale

The purpose of this product is to deliver a combination of ingredients that demonstrate the ability to increase nitric oxide (NO) production to enhance blood and nutrient flow in and out of exercising muscles to amplify the training session and response. These novel NO booster ingredients are supplied together with other compounds known to improve strength and force production, and increase time to exhaustion and training endurance, while also delivering positive cognitive benefits such as improved training desire, reaction time and focus. This product has the ability, through multiple pathways, to significantly enhance strength, performance and size training induced outcomes when compared to similar mass-market products or a non-supplemented state. In addition, its stimulant properties, energy substrate contributions and muscle lactate buffering properties can dramatically improve the training session itself, setting the stage for greater gains when everything else is equal, such as recovery time and overall nutrition.

### Typical Use

- As a pre-workout supplement for adults not adversely affected by caffeine, seeking sustained motivation before and during training, and an enhanced overall training or competition outcome.
- Same as above plus a complementary ergogenic supplement for intermediate and advanced anaerobic athletes to enhance and continue size and/or strength gains from exercise (5g of creatine and 2,000mg of beta-alanine in two scoops). See NO7Rage<sup>3</sup> inclusion in Table 4.

### Unique Features

- Contains L-citrulline malate, which has been shown to be a more effective substrate than arginine for inducing NO production.
- Contains Nitrosigine, which can significantly increase plasma arginine to desired levels shown to enhance NO production.
- Contains Contains Hydromax™ a stable form of glycerol powder to contribute to the “muscle pump”

- A rare combination of clinically effective doses of both caffeine anhydrous and taurine where taurine may significantly amplify caffeine’s well-known performance enhancement effects
- No “Proprietary Blends” listings, i.e., full individual ingredient amounts disclosure to prove clinically effective doses that are also validated by 3<sup>rd</sup> party testing
- Can be used alone or with AminoXXXL, CreatineMonohydrate and/or CreatineXXL as part of the dotFIT “[Loading and Stacking Programs.](#)”
- Dosage instructions will be far more “efficacy accurate” per individual compared to other products.
- Third-party tested.

### Contraindications

Contraindicated in pregnancy and lactation because of the central nervous system stimulant (caffeine) and due to a lack of ingredient studies with this population. Caffeine may interfere with some medications, such as lithium and MAO inhibitors. Caffeine is contraindicated in those with cardiac arrhythmias, other forms of heart disease, hyperthyroidism and peptic ulcers. Creatine is contraindicated for those with kidney problems because of potentially greater kidney stress. Do not use if using other products containing high doses of caffeine or if caffeine sensitive. Alternatively, separate by at least four hours. Do not use if taking erectile dysfunction drugs. The product should not be used by anyone with a heart condition or if the individual is using related medications. Do not use if taking medication for hypothyroidism.

<b>Supplement Facts</b>				
Serving Size: 1 Scoop (14.5g)				
Servings Per Container: 40				
	Amount Per 1 Scoop	%DV*	Amount Per 2 Scoops	%DV*
L-Citrulline Malate (2:1)	3000 mg	**	6000 mg	**
Creatine Monohydrate	2500 mg	**	5000 mg	**
Beta Alanine	2000 mg	**	4000 mg	**
Hydromax® (Glycerol Powder 65%)	2000 mg	**	4000 mg	**
Taurine	1600 mg	**	3200 mg	**
Nitrosigine® (as Inositol Stabilized Arginine Silicate)	1000 mg	**	2000 mg	**
Glucuronolactone	400 mg	**	800 mg	**
Caffeine Anhydrous	150 mg	**	300 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
 \*\* Daily Value not established.