



The Best Nitric Oxide Supplements and Their Top Five Benefits

Nitric oxide supplements are often touted for their ability to produce bigger, more vascular pumps while working out. This benefit is of significant value to athletes and weightlifters, but it is unfortunate that few understand the other qualities that it possesses. Advantages like improved memory, reduced inflammation, increased immune function and lowered platelet aggregation can all be attributed to the best nitric oxide supplements.



Examining each of these benefits can illustrate just how effective NO supplementation can be for bodybuilding, athletic performance, recovery and overall health. When assessing possible products, one should keep these benefits in mind in order to find the supplement of highest quality.

1. Vasodilation

The classic "pump," which is often experienced by weightlifters or anyone performing sufficiently strenuous activity, can be attributed to the micro-release of nitric oxide in the tiny capillaries that surround and feed muscle tissue.

Upon this discharge, these small blood vessels expand, or dilate, and increase the flow of nutrients and oxygen. Muscles then become engorged with blood and seem larger, firmer or both.

The best of these supplements will yield massive increases in the "pump" effect, and this activity occurs regardless of current activity level. If a particular supplement's user reviews do not discuss a substantial "pump," then continue to look elsewhere.

2. Inflammation

NO is also responsible for a reduction in blood vessel inflammation. This is designed to reduce systemic stress during times of muscular strain. When a quality NO supplement is combined with the natural production of NO during a workout, a powerful protective effect is enacted.

High-quality nitric oxide supplements will often expand upon this reduced inflammation by combining NO with other anti-inflammatory substances, such as the antioxidant n-acetyl cysteine.

3. Memory

Clinical studies have shown that NO is released in areas of the brain related to long-term memory. Although it is too early to tell what effect NO supplementation has on this process, many users find increased alertness during nitric oxide use to be evident.

The best nitric oxide supplements ([body building supplements](#)) also include other memory enhancers and vasodilators, such as guarana and green tea.

4. Immune Function

When macrophages, the white blood cells responsible for engulfing and destroying pathogens, perform their task, they utilize NO to kill their prey. Animals that lack endogenous NO production due to genetic knockout are very susceptible to infection.

Many NO supplements will utilize the immune-boosting properties of nitric oxide with substances like branched chain amino acids and antioxidants. These elements work in synergy to boost the immune response.

5. Platelet Aggregation

A thrombus, or blood clot, occurs when platelets and other blood-based substances clump together. This process occurs constantly, but clots are quickly broken apart to prevent any weakening of blood vessels or flow. During exercise, these clots can reduce performance and increase soreness the following day. Nitric oxide supplementation reduces the formation of blood clots by keeping platelets from sticking together.