

## Clinical studies on L-arginine have shown it:

- ♥ Supports cardiovascular health
- ♥ Enhances blood flow to all organs
- ♥ Combats the negative effects of premature cardiovascular aging
- ♥ Increases lean muscle and decreases body fat
- ♥ Has anti-aging effects
- ♥ Improves the function of the immune system
- ♥ Helps restore healthy sexual performance and male fertility
- ♥ Improves overall healing (especially bone)
- ♥ Protects and helps heal certain types of radiation poisoning
- ♥ Many more...

Pulse-8 with five grams of pharmaceutical grade elemental L-arginine in each scoop, works together with eight additional ingredients that combine to deliver powerful antioxidant benefits and more.



*Listen to your heart, stick around, and start loving others by loving yourself. It starts with PULSE-8.*

## SUPPLEMENT FACTS

Serving size: One Level Scoop (10 g)

Servings/container: 30

|   | Amount per serving: | % Daily Value |
|---|---------------------|---------------|
| L-Arginine  | 5 g                 | *             |
| L-Citrulline  | 100 mg              | *             |
| Ascorbic Acid   | 60 mg               | 100           |
| Niacinamide   | 12 mg               | 60            |
| Vitamin B6  | 2 mg                | 100           |
| Vitamin B12   | 60 mcg              | 1000          |
| Folic Acid  | 4 mg                | 1000          |
| Vitamin D3  | 2400 IU             | 600           |
| Calcium   | 10 mg               | 1             |
| Co Q 10   | 30 mg               | *             |
| Marine Phytoplankton (Alpha3 CMP™)  | 10 mg               | *             |
| *Proprietary blend:   | 4.7 g               | *             |
| Resveratrol, Pomegranate Juice Powder, Acai Extract, Inulin, D-Ribose, Citric Acid, Natural Lemon and Lime Extracts, Xylitol, Malic Acid, and Honey Crystals. |                     |               |

\* Daily Values not established

**Directions:** Mix one serving (one scoop/tablespoon) of Pulse-8 with 4-8oz of water (to suit your taste). Stir to dissolve. If water is very cold, mixture will take longer to dissolve. One serving provides five grams of pharmaceutical-grade elemental L-arginine, and may be taken twice a day.

**Store in a cool, dry place. Color and taste may slightly vary with the use of natural flavors.**

**Caution:** Consult your health care provider prior to using this product, if you are pregnant, nursing, or have a known medical condition including cancer, diabetes, herpes, coronary heart disease, or have had a heart attack. Consult your health care provider before use if you take any medications including those for diabetes, high blood pressure, heart conditions, or erectile dysfunction.



Now with  
Marine  
Phytoplankton

# PULSE-8™



## SMARTFOOD

L-arginine Enhanced  
Dietary Supplement  
With Marine Phytoplankton



POWERED by  
**FOREVERGREEN**  
HEALTH, KINDNESS, OPPORTUNITY

These statements have not been evaluated by the FDA.  
This product is not intended to treat, diagnose, cure or prevent any disease.

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# Dr. Recommended **PULSE-8™**



Pulse-8 is the advanced proprietary formula containing a specific blend, which includes L-arginine in very specific ratios. It is designed to provide optimum cardiovascular support.

## **HEART DISEASE IS THE NUMBER ONE KILLER OF BOTH MEN AND WOMEN, AND KILLS MORE THAN THE NEXT NINE CAUSES OF DEATH COMBINED.**

In recent history, a group of doctors and scientists aligned with a Nobel Prize-winning research to address this very serious and fatal problem. In these findings, a specific natural formula including L-arginine in a very specific ratio created hopeful, heartfelt results.

Doctors were astounded at these results, which included a younger heart, enhanced sexual performance and increased energy. It even showed evidence of combating the effects of premature cardiovascular aging, and over all anti-aging benefits.

## **DID YOU KNOW?**

- ♥ **HEART DISEASE IS THE NUMBER-ONE KILLER OF BOTH MEN AND WOMEN, AND KILLS MORE THAN THE NEXT NINE CAUSES OF DEATH COMBINED.**
- ♥ **ONE STROKE-RELATED DEATH OCCURS EVERY THREE MINUTES.**
- ♥ **500,000 WOMEN A YEAR DIE FROM HEART DISEASE, THAT IS MORE THAN ANY OTHER CAUSE INCLUDING BREAST CANCER.**
- ♥ **14 MILLION AMERICANS ARE CURRENTLY LIVING WITH SOME FORM OF CARDIOVASCULAR DISEASE.**

**SADLY, THE FIRST SYMPTOM IS OFTEN SUDDEN DEATH.**

## **L-arginine**

L-arginine is known and studied to be a blood flow enhancer which addresses premature cardiovascular aging, supports healthy sexual performance, and may even aid in achieving less body fat.

L-arginine has been proven to be used by the body to produce nitric oxide, an important signaling molecule used to regulate circulation and other important metabolisms of the body. In 1992, Science magazine named nitric oxide molecule of the year.<sup>1</sup> Since then, tens of thousands of articles have been published on the topic. Nitric oxide was the subject of a 1998 Nobel Prize in medicine.<sup>2</sup>



### **Supporting Scientific**

#### **Background Information:**

Research on gaseous nitric oxide began when Furchgott and Zawadzki<sup>3</sup> showed that the relaxation of blood vessels depended on an intact endothelium. Murad et al<sup>4</sup> showed that nitroglycerine caused blood vessels to relax, and that this was caused by the release of nitric oxide gas. Ignarro et al<sup>5</sup> demonstrated that the relaxation of blood vessels described by Furchgott was due to a substance produced in the endothelium, which his group called endothelium-derived relaxing factor (EDRF). In 1987, Ignarro demonstrated that EDRF was, indeed, nitric oxide. In 1998, these three individuals won the Nobel Prize for their discoveries concerning nitric oxide as a signaling molecule in the cardiovascular system.<sup>2</sup>

1. Culotta E, Koshland DE. NO news is good news. Science. 1992;258:1862-1865.
2. Nobel e-Museum. Nobel prize in physiology or medicine 1998. Available at: <http://www.nobel.se/medicine/laureates/1998/illpres/index.html>. Accessed August 31, 2003.
3. Furchgott RF, Zawadzki JV. The obligatory role of endothelial cells in the relaxation of arterial smooth muscle by acetylcholine. Nature. 1980;288:373-376.
4. Arnold WP, Mittal C, Katsuki S, Murad F. Nitric oxide activates guanylate cyclase and increases guanosine 3':5'-monophosphate levels in various tissue preparations. Proc Natl Acad Sci USA. 1977;74:3203-3207.
5. Ignarro LJ, Buga GM, Wood KS, Byrnes RE, Chaudhuri G. Endothelium-derived relaxing factor produced and released from artery and vein in nitric oxide. Proc Natl Acad Sci USA. 1987;84:9265-9269.



## **PULSE-8**

### **With L-arginine and 8 heartfelt super ingredients:**

**Vitamin B Complex (B3, B6, B9, B12)** – Naturally high in antioxidants, also beneficial for overall health and higher levels of energy.

**Vitamin C** – Antioxidants like Vitamin C help to combat free-radicals in the body, ultimately helping the body with anti-aging and in return helping the cardiovascular system.

**Vitamin D** – Helps regulate the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines, and by promoting re-absorption of calcium in the kidneys.

**CoQ10** – Helps support organs with the highest energy requirements, such as the heart and the liver, which have the highest CoQ10 concentrations.

**Inulin** – A natural sweetener which is also a good source of soluble fiber, that may help lower blood cholesterol and glucose levels.

**Acáí** – Acáí berries have been found to be some of the highest antioxidant foods on the planet. The antioxidants they provide have beneficial effects throughout the body not just the heart.

**Pomegranate** – Pomegranates provide superior antioxidants that inhibit LDL oxidation, which supports arterial wall strength while enhancing the activity of the enzyme responsible for converting L-arginine to nitric oxide.

**Red Wine Extract** – Science has proven grapes are a signature food high in antioxidants, anthocyanins and polyphenols (resveratrol) beneficial for the heart and reduces LDL oxidation.

### **Now with The FIRST, BEST and FINAL say in HEALTH AND WELLNESS**

ForeverGreen is the first to market marine phytoplankton, the first food on Earth, exclusively! Grown and harvested at the first sea farm of its kind, marine phytoplankton is the base of the plant kingdom in and out of the ocean, making it the best nutrition on the planet. NASA has declared that it is responsible for most of the Earth's oxygen, and we now know that many whales live on marine phytoplankton for 100, even 200 years. Plus, marine phytoplankton has 400 times the energy of any known plant! Marine phytoplankton is truly the FIRST, BEST and FINAL say in health and wellness.