

**NEW**

# VITA SPINACH®

## Red Spinach Extract 9% Nitrate



NON-GMO



VEGAN 100%



GLUTEN FREE



SUSTAINABLE

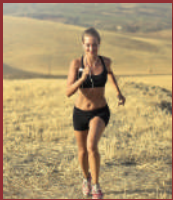


### What is VITA SPINACH®?

A water-soluble powdered extract of the Amaranthus plant (aka "red spinach") that is high in naturally occurring dietary nitrate. Ancient cultures in Asia and the Americas revered it as a superfood for its capacity to boost energy and endurance. Like a well-trained marathoner, red spinach is drought-tolerant and thrives at high altitudes, in strong winds, and in blazing temperatures.



### Key benefits



#### Rich in Antioxidants

Red spinach is packed with antioxidants that help combat free radicals in the body, protecting cells from oxidative stress and reducing the risk of chronic diseases.



#### Supports Heart Health

The presence of potassium and dietary nitrates in red spinach can help regulate blood pressure levels, promoting cardiovascular health and reducing the risk of heart disease.



#### Enhances Digestive Health

Red spinach contains dietary fiber, which aids in proper digestion and prevents constipation. It also supports a healthy gut microbiome, promoting overall digestive health.



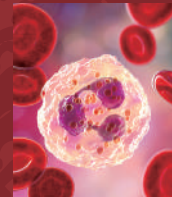
#### Boosts Immune System

A good source of vitamins A and C, both of which contribute to a robust immune system. These vitamins help strengthen the body's defenses against infections and diseases.



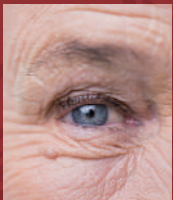
#### Supports Bone Health

Rich in calcium, an essential mineral for maintaining healthy bones and teeth. Regular consumption of red spinach can contribute to bone density and prevent conditions like osteoporosis.



#### Anti-Inflammatory

With its array of phytochemicals, including flavonoids and phenolic compounds, VITA SPINACH® fights inflammation, alleviating discomfort from inflammatory conditions.



#### Promotes Eye Health

The presence of vitamin A, lutein, and zeaxanthin in red spinach supports healthy vision and may reduce the risk of age-related macular degeneration and cataracts.



#### Provides Iron for Energy

A good source of iron, a mineral necessary for the production of red blood cells and oxygen transport in the body. Adequate iron intake helps prevent iron-deficiency anemia and supports overall energy levels.



#### Weight Management

Low in calories and high in fiber, making it a beneficial addition to a weight management diet. The fiber content promotes satiety, helping you feel fuller for longer and reducing overeating.



#### Supports Brain Health

The presence of folate, vitamin K, and antioxidants in red spinach contributes to brain health. These nutrients may help enhance cognitive function, memory, and protect against age-related cognitive decline.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or prevent any disease.



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# 5X

## Nitrate Concentration

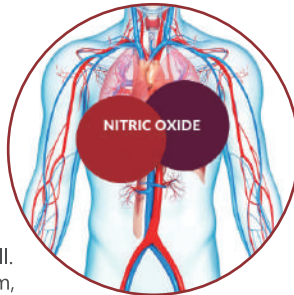
Red spinach offers approximately five times the nitrate concentration of beets, the current food choice for endurance athletes. Red spinach also provides an alternative for those who don't like or cannot consume beets.



## Naturally Occurring Nitrate

### WHAT IT DOES?

VITA SPINACH® relaxes blood vessels and increases blood flow by boosting the production of nitric oxide.



### WHAT IS NITRIC OXIDE?

Nitric Oxide is a gas released in blood vessels that reduces blood pressure, increases circulation, and helps the body function better overall. It also plays a crucial role in the immune system, neurological functions, and many other physiological processes.

#### Lactic acid in blood increased while fatigue decreased

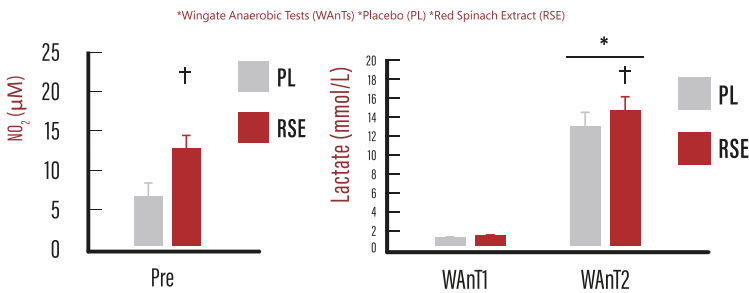


Figure 1. Changes in (a) plasma nitrite (NO<sub>2</sub>; µM) and (b) pre- and post-exercise blood lactate (mmol/L; La-) between placebo (placebo; grey bars) and red spinach extract (red spinach extract; dark red bars). Data are presented as mean ± SD. \* indicated significantly different from pre-exercise (p < 0.05). † indicates significantly different from placebo (p < 0.05).

#### Fatigue was lowered by 7% from red spinach extract versus placebo

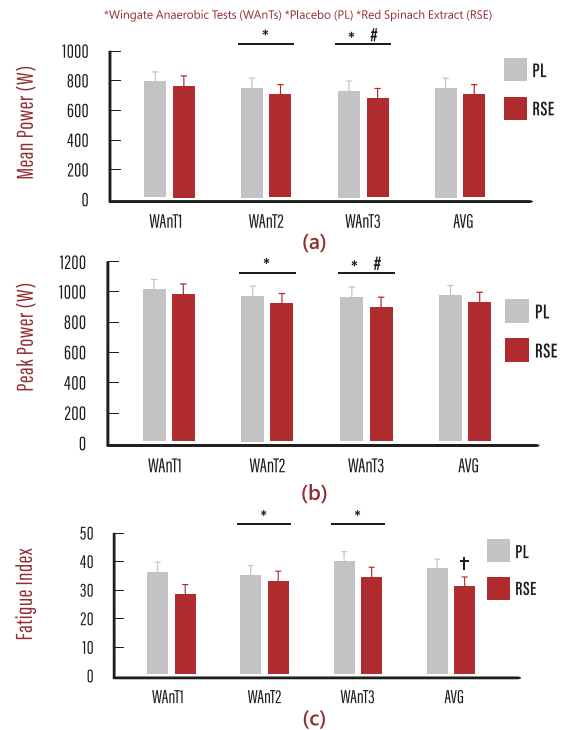


Figure 2. Changes in (a) mean power (W), (b) peak power (W), and (c) fatigue index (W/s) for WAnT1, WAnT2, WAnT3, and all WAnTs averaged together (AVG) between placebo (placebo; grey bars) and red spinach extract (dark red bars). Data are presented as mean ± SD. \* indicates significantly different from WAnT1 (p < 0.05). # indicates significantly different from WAnT2 (p < 0.05).

### STUDIES ON RED SPINACH EXTRACT:



- 1g red spinach reduced time-to-completion, increased power and speed, and lowered blood pressure  
Study: 17 cyclists, double blind  
[https://journals.lww.com/nsca-jscr/abstract/2021/09000/red\\_spinach\\_extract\\_supplementation\\_improves\\_cycle.27.aspx](https://journals.lww.com/nsca-jscr/abstract/2021/09000/red_spinach_extract_supplementation_improves_cycle.27.aspx)



- 4.4g red spinach from Nutrigardens reduced fatigue by 7%  
Study: 11 athletes, double-blind  
<https://www.mdpi.com/2673-9801/3/1/10>



- 1g red spinach increased ventilatory threshold (VT) compared to placebo  
Study: 15 athletes, double-blind  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5969023/>

### APPLICATIONS



**Sports Nutrition**  
sports drinks, energy drinks, pre-work drinks and energy bars



**Nutritional Supplements**  
capsules, tablets



**Gummies and Candies**  
gummies and functional candies



**Healthy Beverages**  
protein powder drinks, smoothies, and shakes, fruit-vegetable blends and juices



**Healthy Cookies and Pastries**  
cookies, cakes, wafers, bars and snacks

### WHO USES VITA SPINACH®?

#### Athletes

Maximize your performance with VITA SPINACH® as a pre-workout supplement.

#### Ageing Individuals

Maintain vitality and support cardiovascular health.

#### Individuals with Erectile Dysfunction

Discover a natural solution for enhanced blood flow and overall well-being.