



RMB CVRC Seminar

The Robert M. Berne Cardiovascular Research Center Presents

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The Nitrate-Nitrite-Nitric Oxide Pathway: Ergogenic or Therapeutic - Who is it Good For

Oral consumption of inorganic nitrate, which is abundant in green leafy vegetables and roots, has been shown to increase circulating plasma nitrite concentration, which in relatively low oxygen conditions can be converted to NO. The associated beneficial cardiovascular effects include a reduction in blood pressure, modification of platelet aggregation and increases in limb blood flow. There have been numerous studies of inorganic nitrate supplementation to increase physical function the however, the ergogenic benefits are currently unclear.

This talk will outline the Nitrate-Nitrite-Nitric Oxide Pathway and provide data on potential effects on exercise performance in healthy populations and those with CVD. We will highlight populations that may achieve a beneficial effect and the underlying mechanisms

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11:00 AM-12:00 PM
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