

### What is ProArgi-9 Plus?

**"BREAKTHROUGH PRODUCT OF THE CENTURY"** - source: Success Magazine

The **ProArgi-9 Plus** food supplement is based on Nobel Prize winning science, and work done in co-operation with Duke, Stanford and Harvard Medical Schools in the US.

Using ProArgi-9 Plus, Dr Joseph Prendergast developed life-saving protocols that are shown to aid in the prevention, and even reversal of heart disease, along with helping a myriad of other health risks and complaints including: **high blood pressure, diabetes, sickle cell anaemia, cholesterol, lack of energy and much more.**


The High Desert Heart Institute in Victorville, California, conducted comprehensive human clinical studies on ProArgi-9 Plus that has proved its ability to reverse and prevent heart disease and a multitude of other benefits including those that help you become a better athlete.

### The Ingredient 'L-Arginine'

L-Arginine is a vital amino acid that plays a role in a number of biological functions in the body, but it is best known for its vascular benefits. In the body L-Arginine converts to Nitric Oxide - the molecule scientists refer to as the 'Miracle Molecule' - which relaxes the blood flow, limits muscle fatigue and increases endurance. This in turn reduces stress on the heart, improves circulation and lowers blood pressure.

Nitric Oxide also increases the body's O2 carrying efficiency, thus increasing oxygen delivery to all of the body's cells - further evidence of the value of Nitric Oxide and hence L-Arginine supplementation. In the absence of oxygen, muscles do not perform at their optimal capacity. Oxygen greatly increases the efficiency by which you can produce energy to power the body through cellular respiration.

L-Arginine also rejuvenates the body's production of the Human Growth Hormone - the hormone that keeps your body and skin looking and feeling young. In fact L-Arginine is the best anti-ageing product on the market!



### Benefits of the Other Ingredients

**L-Citrulline:**  
Citrulline is the amino acid that supports the body in optimising blood flow through its conversion to L-Arginine and then Nitric Oxide (NO). NO is involved in vasodilation, and low levels are associated with mental and physical fatigue and sexual dysfunction. Since Citrulline is a precursor to Arginine it allows for increased and sustained NO production in the endothelium for support of circulatory function.

**Vitamin D3:**  
Adequate levels of D3 prevent muscle soreness and frequent injury during exercise. Vitamin D also has a role in maintaining calcium levels. Excessive production of lactic acid can cause calcium to be leached from the bones leading to calcium deficiency.

**Pomegranate:**  
Pomegranate contains superior antioxidants, known as punicalagins and ellagic acid. It inhibits LDL oxidation, supports arterial wall strength and enhances the activity of the enzyme responsible for converting L-Arginine into Nitric Oxide.

**Malic Acid:**  
Malic Acid aids with the production of energy from food and has been linked to increased endurance in athletes.

**Vitamin B6:**  
B6 is needed to metabolise proteins and also metabolises glucose during exercise. It also boosts human growth hormone. Athletes are often vitamin B6 deficient as blood levels of this vitamin are increased during exercise, taking it from the liver and the muscles, increasing the need for it to be replenished.

**Vitamin B12:**  
B12 is an energy booster. It works by releasing proteins from food, giving the body a shot of energy. It helps burn fat by converting carbohydrates, fats, iron and proteins into energy. It's also involved in red and white blood cell production, boosting metabolism.

**D-Ribose:**  
Studies have shown that supplementation of D-Ribose can enhance cardiac energy levels and can increase the tolerance of the cardiovascular system to exercise therefore reducing fatigue. It also aids with energy recovery after intense exercise.

### Benefits of ProArgi-9 Plus for Athletes

- Already popular for its cardiovascular benefits, ProArgi-9 Plus and it's key 'miracle molecule' ingredient L-Arginine is making headlines as a safe builder of protein and nitric oxide for enhanced athletic performance. In contrast to the many dangerous or questionable bodybuilding and athlete focused supplements on the market, L-Arginine is fast proving itself as one of the good guys, especially since it is a natural supplement that offers many benefits, not only to athletes, but to people seeking a healthier lifestyle.
- L-Arginine's role as a precursor for nitric oxide production promotes optimal blood circulation. This increases its popularity with athletes as good blood circulation ensures the speedy distribution of nutrients to the muscles.
- Improving blood flow to the working muscles allows you to work at a higher aerobic level with less lactic acid production. This allows you to recover quicker so that additional exercise sets can be performed at a higher intensity. The result is better muscular development and better cardiovascular function resulting in improved performance.
- ProArgi-9 Plus contains an optimum amount of the amino acid L-Arginine, which is the building block for protein. Protein is a key element of exercise as it supports muscle growth, increases muscle strength and mass, improves recovery and increases protein synthesis at the crucial moments after strenuous exercise.
- One of the hottest trends in sports nutrition in the last five years has been L-Arginine products marketed for increasing vascularity (vein visibility) and blood flow, resulting in what is referred to as the "pump."
- Athletes use ProArgi-9 Plus due to its role in creatine synthesis which helps supply energy to the muscle. Along with the amino acids methionine and glycine, L-Arginine is a component in one of the best known sports nutrition ingredients.
- ProArgi-9 Plus has the ability to help increase growth hormone production. Among other functions, growth hormone has anabolic effects in the muscle which can help maintain or increase lean body mass, while decreasing fat mass.
- L-Arginine builds the immune system and speeds up the repair and recovery of injuries, controls free radicals, supports healthy cholesterol, and aids in fat metabolism. ProArgi-9 Plus is a powerful, powder-based supplement that has been used by many athletes to safely and legally improve their performance. The supplement is used and promoted by famous world-class athletes who have used it during their careers and in their competition events.
- If taken 30 minutes before bedtime and/or 30 minutes prior to a workout L-Arginine can naturally cross the blood brain barrier to stimulate the pituitary gland to naturally produce growth hormone. This aids athletes in muscle development.

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