

# NO7Rage™

## Purpose & Rationale

The purpose of this product is to deliver a combination of ingredients that demonstrate the ability to increase nitric oxide (NO) production to enhance blood and nutrient flow in and out of exercising muscles to amplify the training session and response. These novel NO booster ingredients are supplied together with other compounds known to improve strength and force production, and increase time to exhaustion and training endurance, while also delivering positive cognitive benefits such as improved training desire, reaction time and focus. This product has the ability, through multiple pathways, to significantly enhance strength, performance and size training induced outcomes when compared to similar mass-market products or a non-supplemented state. In addition, its stimulant properties, energy substrate contributions and muscle lactate buffering properties can dramatically improve the training session itself, setting the stage for greater gains when everything else is equal, such as recovery time and overall nutrition.

## Typical Use

- As a pre-workout supplement for adults not adversely affected by caffeine, seeking sustained motivation before and during training, and an enhanced overall training or competition outcome.  
Same as above plus a complementary ergogenic supplement for intermediate and advanced anaerobic athletes to enhance and continue size and/or strength gains from exercise (5g of creatine and 2,000mg of beta-alanine in two scoops). See NO7Rage inclusion in Table 4.

## Unique Features

- Contains L-citrulline malate, which has been shown to be a more effective substrate than arginine for inducing NO production.
- Contains two novel forms of arginine, nitrosigine and agmatine sulfate. Both significantly increase plasma arginine to desired levels shown to enhance NO production.
- Contains a unique blend of taurine, glycerol and pine bark (pycnogenol) to enhance the pump during resistance training workouts.

- The proprietary flavoring generally appeals to a greater portion of users over competitive products.
- Can be used alone or with AminoBoostXXL, CreatineMonohydrate and/or CreatineXXL as part of the dotFIT “Loading and Stacking Programs.”
- Dosage instructions will be far more “efficacy accurate” per individual compared to other products.
- Third-party tested.

## Contraindications

Contraindicated in pregnancy and lactation because of the central nervous system stimulant (caffeine) and due to a lack of ingredient studies with this population. Caffeine may interfere with some medications, such as lithium and MAO inhibitors. Caffeine is contraindicated in those with cardiac arrhythmias, other forms of heart disease, hyperthyroidism and peptic ulcers. Creatine is contraindicated for those with kidney problems because of potentially greater kidney stress. Do not use if using other products containing high doses of caffeine or if caffeine sensitive. Alternatively, separate by at least four hours. Do not use if taking erectile dysfunction drugs. The product should not be used by anyone with a heart condition or if the individual is using related medications. Do not use if taking medication for hypothyroidism.

## Supplement Facts

Serving Size: 1 scoop (16 g)  
Servings Per Container: 40

	Amount Per Serving	% DV†
Calories	10	
Total Carbohydrate	2g	1%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Sodium	140 mg	6%
Potassium (as potassium citrate)	320 mg	9%
Creatine Monohydrate	2,500 mg	*
Taurine	2,000 mg	*
Glycerol Powder 65% (Hydromax®)	2,000 mg	*
L-Citrulline	1,000 mg	*
Beta-Alanine (as CarnoSyn®)	1,000 mg	*
Inositol Arginine Silicate (Nitrosigine™)	750 mg	*
Agmatine Sulfate	500 mg	*
Glucuronolactone	400 mg	*
Caffeine	175 mg	*
Pine Bark (95% proanthocyanidins)	100 mg	*
Alpha Lipoic Acid	10 mg	*

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily value not established

**Table 4 – Adult Ultimate Stack for Size and Performance AminoBoostXXL + CreatineMonohydrate + ExtremeCreatineXXXL + NO7Rage**

Week	AminoBoostXXL (workout days only)	CreatineMonohydrate	ExtremeCreatineXXXL	NO7Rage (workout days only)
1	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>			
2	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Loading phase:</p> <ul style="list-style-type: none"> <li>1 scoop with 4-8 oz. of fluid and carbohydrate containing meal or shake (FirstString or Pre/Post Workout shake or WheySmooth) 4 times a day for first 5 days.</li> <li>2 of the servings to be taken before and after workouts.</li> </ul> <p>After first 5 days:</p> <ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> </ul>	<p>Beginning on sixth day:</p> <ul style="list-style-type: none"> <li>Workout days: <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> </li> <li>Non-workout days: <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening meal or shake, separate from meals with Creatine Monohydrate for even distribution</li> </ul> </li> </ul>	
3	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> <li>1 scoop with a meal on non-training days</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> <p>Non-workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening shake, separate from meals with Creatine Monohydrate</li> </ul>	
4 and beyond	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> <li>1 scoop with a meal on non-training days</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop any time with meal or shake</li> </ul> <p>Non-workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening shake, separate from meals with Creatine Monohydrate</li> </ul>	<ul style="list-style-type: none"> <li>1-2.5 scoops ~10 minutes before workout, depending on weight and caffeine sensitivity (one scoop contains 175mg of caffeine). May mix with AminoBoostXXL.</li> </ul>