

Numerous scientific researchers have shown that green leaf plants (Broccoli, green salad, spinach, etc.) and beets have a high content of nitrates (NO_3^-), an essential inorganic anion for life. In humans, nitrates are absorbed by salivary glands, secreted in saliva and partially converted into nitrites (NO_2^-) in the oral cavity. They then enter the systemic circulation and are reduced to nitric oxide (NO) in the peripheral tissues. Nitric oxide plays an important physiological role in the arteries and fibers of the skeletal muscle. It acts on the state of contraction / release of smooth muscle fibrocells in the vessel walls, causing vasodilatation, and increases the ATP moles produced per mL of oxygen consumed in the skeletal muscle. A large consumption of green leafy vegetables and beets seems therefore able to increase the bioavailability of nitric oxide in peripheral tissues, resulting in a reduction of blood pressure values and improving the efficiency of muscle contraction.

Recently, researchers from the Institute of Molecular Bio-imaging and Physiology of the National Research Council, based in Segrate (MI), conducted a study to evaluate the effects of ingestion of a centrifuged spinach, obtained by Angel Juicer, the muscle energy metabolism .

The maximum yield of nitrate from vegetables it is obtained from the raw consumption of these foods while cooking them eliminates most of the nitrates themselves.

Preliminary results of this study indicate that the consumption of 500mL per day of spinach centrifugation for just six days increases the concentration of nitrates in the blood about 10 times.