



Niteworks® Improves Exercise Performance in Older Cyclists

The body uses arginine, an amino acid, to produce Nitric Oxide (NO), which has beneficial effects on the circulatory system and supports exercise. Data collected from a recent clinical study shows that:

- Niteworks®, containing arginine, led to an improvement in exercise performance in male cyclists between the ages of 53 and 70 by increasing the anaerobic threshold – a point during exercise at which exhaustion typically sets in.
- If people can increase their anaerobic threshold, then they may exercise longer; improved performance could mean better fitness and healthier lives. The results of this study were published in the *Journal of the International Society of Sports Nutrition* in March 2010.

NOTE: This study, conducted at UCLA* and funded by Herbalife, used Herbalife's original Niteworks® formula. The current product has a slightly different formula, although no changes were made to the active ingredients.

Niteworks® was created based on research conducted by Lou Ignarro, Ph.D., Nobel† Laureate in Medicine for his work on Nitric Oxide. Ignarro is a member of Herbalife's Scientific and Nutrition Advisory Boards.

* The University of California does not endorse specific products or services as a matter of policy.

† The Nobel Foundation has no affiliation with Herbalife and does not review, approve or endorse Herbalife® products.

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