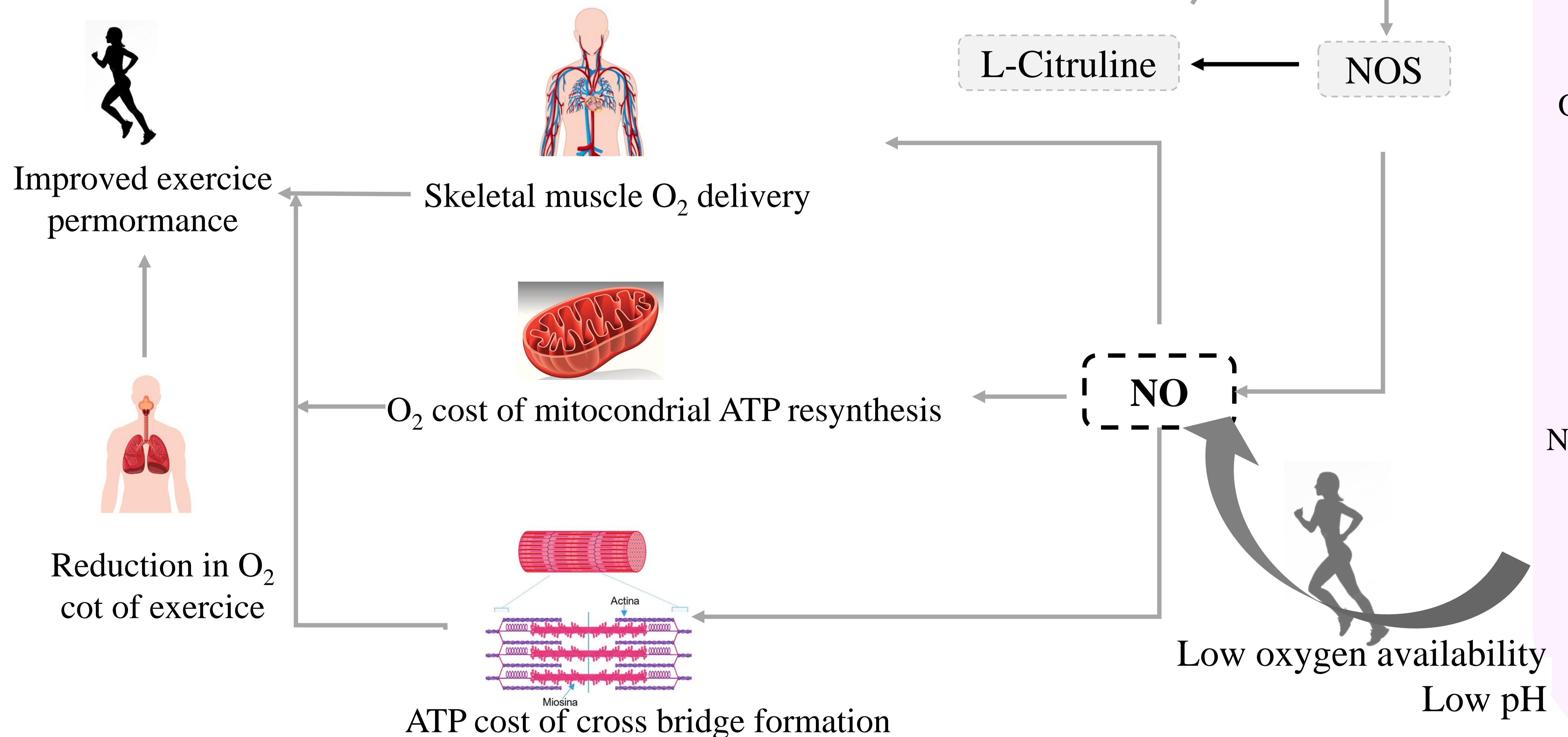
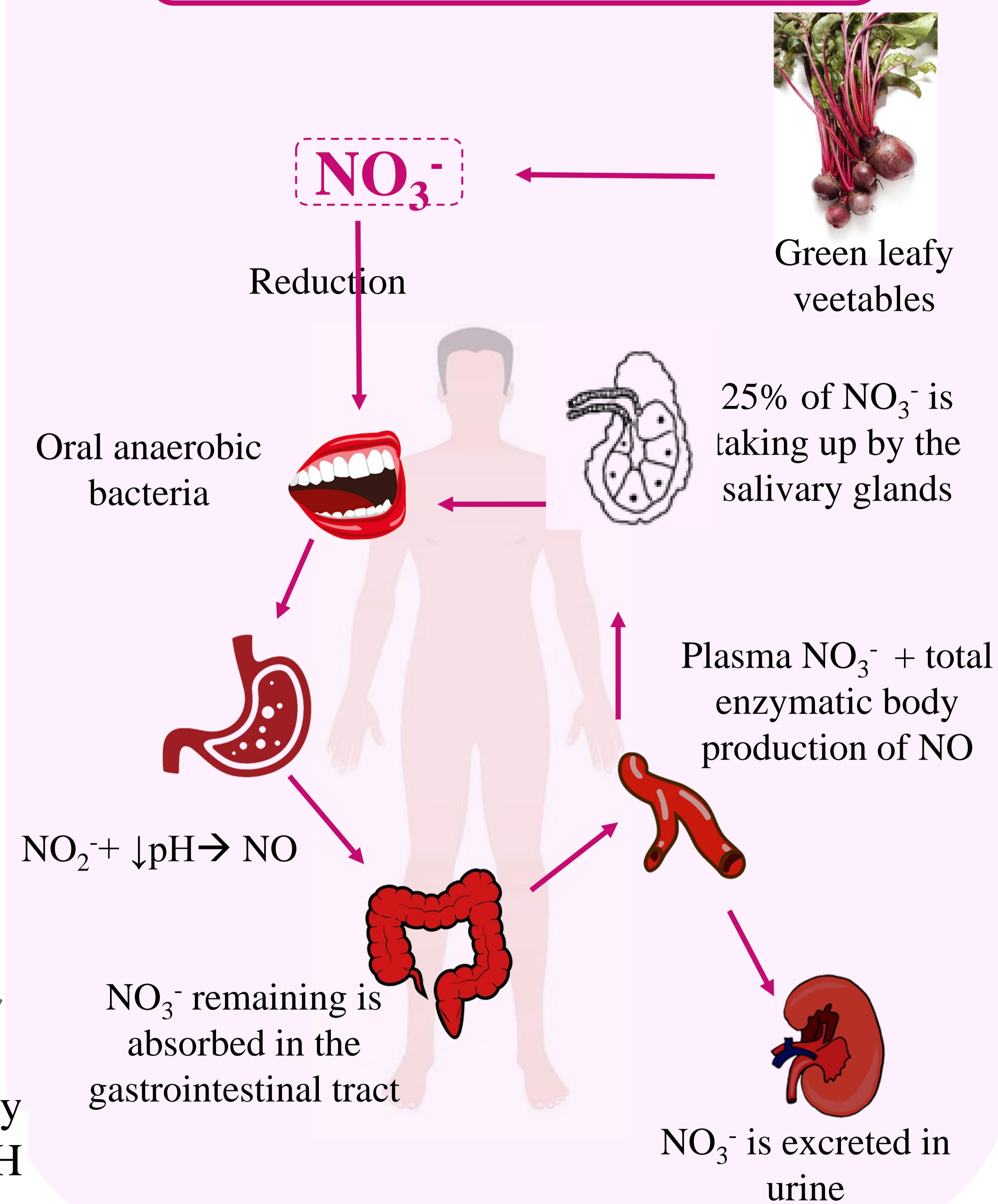


## AIMS

- 1 To introduce new Wikipedia article
- 2 To describe the pathways of NO (NOS - dependent pathway and  $\text{NO}_3^-$  -  $\text{NO}_2^-$  - NO pathway)
- 3 To establish mechanistic bases for the effect of dietary nitrate of muscle efficiency



## $\text{NO}_3^-$ - $\text{NO}_2^-$ - NO pathway



## CONSLUSIONS

Although the concentration of  $\text{NO}_3^-$  and  $\text{NO}_2^-$  are transient 1) excreted from the body (by the kidneys) or 2) distributed into tissues, including skeletal muscle, which may be the main storage site for these NO precursors

The reduction in muscle metabolic perturbation with  $\text{NO}_3^-$  supplementation

Commensal bacteria can help to 'reactivate' this nitrate by reducing it to the more reactive nitrite

References  
 1. Jones, Andrew M.; Thompson, Christopher; Wylie, Lee J.; Vanhatalo, Ann (21 de agosto de 2018). «[Dietary Nitrate and Physical Performance](#)». *Annual Review of Nutrition* **38** (1): 303-328.  
 2. Weitzberg, E.; Lundberg, J. O. N. (1 de febrero de 1998). «[Nonenzymatic Nitric Oxide Production in Humans](#)». *Nitric Oxide* (en inglés) **2** (1): 1-7.

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