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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

NO2 Muscle Enhancing Hemodialator

By Marc David

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by: **Marc David**

Whenever I go to the gym and tell a friend that I've recently started the supplement, NO2, nobody knows what I'm talking about but I even mention Creatine, and that is well known as a standard for building muscle.

Could NO2 be the next Creatine? When Creatine was launched, it was expensive. But it worked. It was a huge craze at the gyms and most everybody wanted it. The reason they wanted it so much, is that it worked. It was legal and the side-effects, well so far, there aren't any (as long as you drink plenty of fluids). Since the launching of this successful product, there has never been anything that hit the market with the same enthusiasm.

NO2, according to research , "the first of an exciting new category of muscle-enhancers known as a hemodilators. NO2 has the unique ability to perpetually sustain the flow of muscle-building agents to skeletal muscle." Before I give my review, I'd like to share another quote of the benefits and claims. "By increasing nitric oxide production, NO2 increases your maximum contractile velocity – in all muscle types. The results are immediate and consequential, and include increasing your load capacity, boosting your power output, and quickening your muscle contraction."

When I first was asked to try this product, I was skeptical. I've been bodybuilding for 16 years now (mainly for general fitness not to get freaky huge), and I've tried a lot of supplements. The last time I was excited about a supplement was Creatine like most of the gym-rats. But I'm always willing to review something and try it for myself in hopes that maybe I'll find that gem and tell the rest of the world.

Taking 3 pills before breakfast, and another 3 one-half hour before lunch, I can honestly say that while I've noticed no gains in strength yet, my muscle do feel perpetually pumped. It's like I just came back from the gym but it lasts all day. While I cannot say the results are amazing, I can say the effects – both physical and psychological – are extraordinary.

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As with any supplement, you need to drink plenty of water. NO2 does not have this specific requirement, but I've noticed that being properly hydrated has helped me keep that pump going all day. I've also seen some recommendations that taking NO2 with Creatine gives a complementary effect. To date, I have not tried this.

If you are looking for the next Creatine, NO2 could be it. I love the effects. Unfortunately like Creatine when it first came out, it's not cheap. But I've heard rumors that others will jump on this market and bring down the prices where the masses can afford it.

Marc David has a degree in Criminal Justice from Sacramento State, a 16 year history of non-competitive bodybuilding and is the owner of Freedomfly –the fitness network! For free fitness tools, discount supplements, fitness consultation, and workout routines, visit

The most researched performance enhancing nutritional supplement

By Dr. Jeff Banas

Creatine - The most researched performance enhancing nutritional supplement

Does creatine supplementation work?

The February 2004 issue of the Strength and Conditioning Journal, the official publication of the National Strength and Conditioning Association, had an article about creatine loading. Why? Because it works!

How does it work?

I never really liked biochemistry, so I will give you the cliff notes version. Creatine is amino acid derivative that enables the body's muscle to produce ATP quickly. ATP is the muscles main source of energy.

Is Creatine safe?

Yes. Creatine is the most researched supplement when it comes to increasing athletic performance. The only side affects believed are muscle cramps and water gain.

How does Creatine help athletic performance?

By increasing the concentration of creatine within the muscle cell, there will be an extended supply of ATP (the main energy source for muscle contraction). This allows the muscle to maintain muscle contraction for longer periods of time, thereby reducing muscular fatigue. By reducing muscular fatigue your can achieve higher athletic performance during short-duration, high intensity activities (e.g., weightlifting, sprinting, etc.).

How much Creatine supplementation is need?

There are numerous research studies that have show that 5 grams of creatine consumed 4–6 times daily for one week can substantially increase total muscle creatine concentration by 20–40%. However, if time is not an issue, 2–4 grams daily should be sufficient to fully saturate skeletal muscles within a month.

To date creatine is by far the most effective supplement for enhancing athletic performance, I have personal used creatine to assist my training programs for years, and it is one of the few supplements I never want to run out of.

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