

Dear Doctor,

Thank you for requesting more information regarding one of Herbalife's premier products, Niteworks™, formulated in collaboration with Nobel Laureate Louis Ignarro, PhD.

Dr. Ignarro is a Distinguished Professor of Pharmacology at the UCLA School of Medicine and was awarded the Nobel Prize in Medicine in 1998 for groundbreaking discoveries related to nitric oxide as a unique signaling molecule in the cardiovascular system. We are extremely proud of our affiliation with Dr. Ignarro and of Niteworks™, which provides a convenient delivery of nutritional ingredients to support cardiovascular function.\*

Nitric oxide (NO) is an endogenous molecule that produces diverse and widespread protective effects in the cardiovascular system. NO is produced naturally by the body and serves multiple purposes including vasodilation and reducing oxidative stress through NO's innate antioxidant function. Decreased NO production leads to endothelial dysfunction and can result in a variety of conditions affecting the health of the cardiovascular system. Much research has been focused on improving NO production in the body. There is now both animal and human research indicating that maintenance of endothelial function can be achieved by correcting NO deficiency.

One approach to increasing NO production is to provide L-Arginine and L-Citrulline along with certain antioxidants. L-Arginine is the only precursor to NO and is enzymatically converted to NO in the endothelial cells. L-Arginine is a naturally occurring amino acid found in meat, fish, nuts and cereals. Antioxidants, including Vitamins C and E, are well known to stabilize and increase tissue levels of NO by virtue of their ability to block the degradation of NO by free radicals. Thus, the simultaneous administration of L-Arginine and L-Citrulline plus the appropriate antioxidants can support both endothelial NO as well as endothelial function.

Niteworks™ powdered drink mix contains a proprietary blend of 5.2g of L-Arginine and L-Citrulline, as well as 400 IU Vitamin E, 500 mg Vitamin C, along with folic acid, alpha lipoic acid and lemon balm. We recommend mixing with water and drinking at bedtime because endothelial NO production is minimal at night or at rest.

There are no known adverse actions of NO in the body. Similarly, there are no known adverse effects from ingesting L-Arginine in amounts as high as 30 grams. The amounts of Vitamins C (500 mg) and E (400 IU) have been shown to be beneficial and are widely acceptable at these levels. Niteworks™ does have a label cautioning that the product contains this amount of Vitamin E for those who have a bleeding disorder, use anticoagulants and/or are contemplating surgery. This is a product recommended for adults and is not recommended for usage during pregnancy or lactation.

We hope you will feel confident in your patients using Niteworks™ as a beneficial supplement to support their circulatory and cardiovascular health.\*

Please feel free to contact us with any further questions at the phone numbers given below or via email at [medadvbrd@herbalife.com](mailto:medadvbrd@herbalife.com). You can find more information about Niteworks™ at [www.Herbalife.com](http://www.Herbalife.com).

Sincerely,



Jamie McManus, MD FAAFP  
Senior Vice President  
Medical Affairs & Education  
Medical Advisory Board



Louis J. Ignarro, PhD  
Distinguished Professor of Pharmacology  
UCLA School of Medicine  
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