

The Nutrient Synergy Tracker factbasedurology.com

Objective: To maximize the physiological impact of your diet by tracking and implementing powerful food pairings. This moves beyond eating individual healthy foods to combining them for a synergistic effect on vascular health and nitric oxide production.

Part 1: Key Synergistic Pairings

This guide explains why certain food combinations are particularly effective.

Synergy Category	The Power Pairing	Mechanism of Action
Nitrate & Antioxidant	Nitrate Source (e.g., Spinach, Beetroot) + Flavonoid Source (e.g., Berries, Dark Chocolate)	Flavonoids act as powerful antioxidants that can protect nitric oxide from breaking down too quickly, extending its vessel-relaxing effects.
Nitric Oxide Fuel	L-Citrulline Source (e.g., Watermelon) + L-Arginine Source (e.g., Pistachios, Almonds)	The body converts L-Citrulline into L-Arginine, the direct fuel for nitric oxide production. Combining sources provides a more sustained fuel supply.
Dual Vasodilators	Nitrate Source (e.g., Beetroot) + Capsaicin Source (e.g., Cayenne Pepper)	This combines two different types of compounds that help open blood vessels through different pathways, creating a powerful, synergistic effect on blood flow.

Part 2: Daily Synergy Log

Use this log to track which power-pairings you consume each day.

Date	Power-Pairing Consumed	Meal	Notes / Perceived Effect
(e.g., 7/26/2025)	Beetroot + Cayenne	Pre-Workout Juice	<i>Felt a noticeable energy boost.</i>

Part 3: Weekly Synergy Review

At the end of the week, reflect on the impact of these food combinations.

The Synergy I Used Most Often Was:

- _____

My Subjective Experience When Using These Pairings Was:

- _____

My Synergy Goal for Next Week: (e.g., "I will try the Nitrate + Antioxidant synergy at least four times.")

- _____