Eating the right foods and being physically active can support healthy circulation by making more nitric oxide. Nitric oxide relaxes the blood vessels, causing them to expand and keep our blood flowing more freely. 3

A new study in healthy adults found that regularly drinking 100% grape juice made with Concord grapes can help support heart health by contributing to healthy blood vessels and healthy circulation. 4

This builds on nearly 20 years of research, which shows that, thanks to the Concord grape, 100% grape juice helps support a healthy heart. 5

Research suggests that certain foods — like dark purple Concord grapes — may stimulate nitric oxide production to support healthy circulation. 6 7

Visit welchsgo.com/health to learn more about 100% grape juice made with Concord grapes as part of a healthy diet.

**Notes:**
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