Nitrate and nitrite have recently been acknowledged as bioactive anions important for several physiological processes, mostly in view of their role in the nitric oxide (NO) cycle.

Both are dietary constituents and though they have formerly been regarded as unwanted in foodstuff intended for human ingestion, pharmacological speaking most of their effects appear to be desirable.

Less is known about how these two everyday dietary constituents affect healthy individuals when ingested in physiological measures, though interesting findings in this area have been published recently.

Moreover little of the research conducted has focused on the functional importance of nitrate and nitrite in the brain. However in view of the major influence NO has on numerous important processes in the brain, such as e.g. long-term potentiation, memory consolidation, neuroprotection and functional vasodilation the potential effects appear vast.

In the present seminar I will try to discuss some of the potential effects of nitrate and nitrite in the brain in view of the known effects of NO.