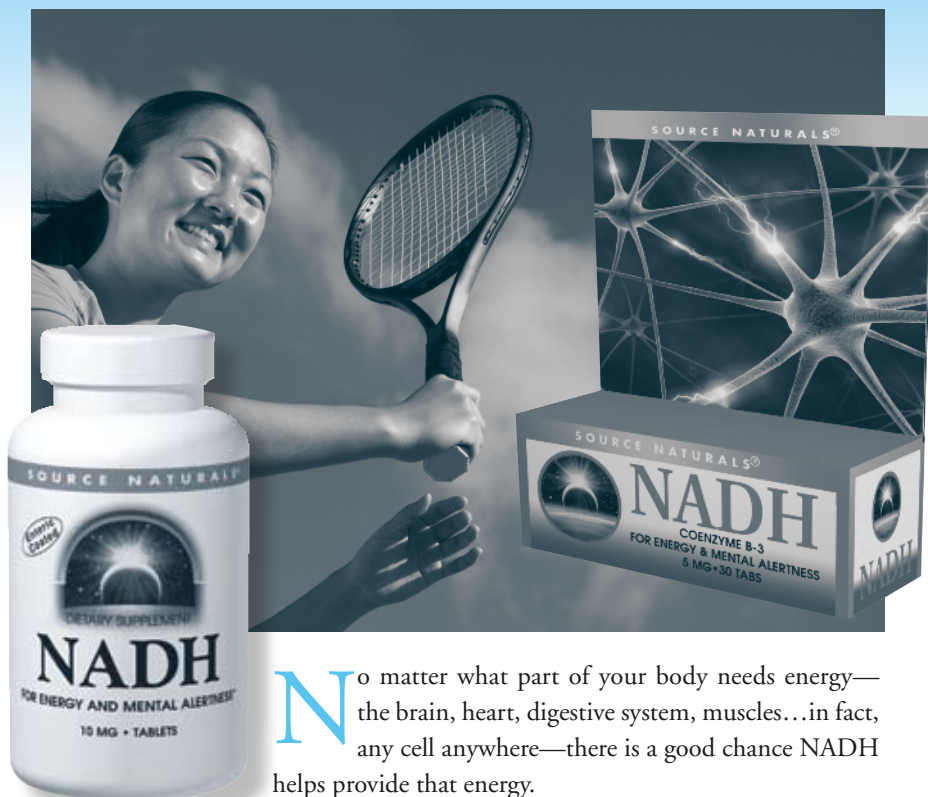


# NADH

## For Energy and Mental Alertness



**N**o matter what part of your body needs energy—the brain, heart, digestive system, muscles...in fact, any cell anywhere—there is a good chance NADH helps provide that energy.

NADH (Nicotinamide Adenine Dinucleotide Hydride) is a naturally occurring coenzyme derived from vitamin B-3 (niacin). NADH is essential in the biochemical cycle that generates ATP (adenosine tri-phosphate), the molecule that supplies the energy needed to catalyze almost all metabolic, biochemical reactions in the body. Our organs, blood, nerves...all depend on this compound, truly one of the most important substances for our health and well-being.

Of the twelve deep metabolic body systems identified in the SystemiCare™ pyramid, NADH positively affects six of them, Cells/DNA, Energy, Brain/Cognition, Circulation, Hormones/Metabolism, and Antioxidant Defense, but its most important focus is Energy. Seldom does a nutrient offer such profound benefits to the physiological workings of the entire body.



NADH was first discovered in 1934 by the renowned American medical researcher, Dr. Nathan Kaplan. It plays a central role in the energy production of the cells. It is a co-enzyme in a number of physiological functions, and a fundamental factor in such processes as cellular respiration, metabolism, and energy production in the Krebs Cycle.

In clinical studies, supplementation with NADH has been shown to have the following benefits:

- **Energy:** Increases production of ATP energy.
- **Alertness:** Improves sense of wakefulness and lessens feelings of fatigue.
- **Jet Lag:** Improves symptoms of jet lag.
- **Mood/Well-being:** NADH increases the production of neurotransmitters that influence good mood, such as dopamine and epinephrine.
- **Memory/Cognition:** NADH indirectly increases the neurotransmitters that positively affect thinking and memory.
- **Cellular Health:** NADH stimulates the body's DNA repair mechanisms and works as an antioxidant. It refurbishes important body compounds. As one example, when the antioxidant glutathione is spent and oxidized it becomes glutathione disulfide (GSSG). NADH acts as a hydride and refurbishes the compound back into the healthy form of glutathione (GSH).
- **Circulation:** Increases blood flow to brain, augmenting blood flow in both resting and working tissues.



Strategies for Wellness<sup>SM</sup>

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Source Naturals provides NADH in two varieties, sublingual and enteric coated. The sublingual is a way to achieve a quick boost of energy; it dissolves under the tongue in 1-4 minutes. This is the version preferred by those who need relief from jet lag or who are facing a test or an audition or who want to be at peak performance quickly. The second version is enteric coated. This coating enables the NADH to bypass the acidic environment of the stomach for improved absorption in the intestines.

NADH is available in 2.5 mg, 5 mg, 10 mg and 20 mg tablets. It is available in both sublingual and tablets. The tablets contain chlorophyll, which supports cellular energy production by stimulating hemoglobin and red blood cell regeneration, further benefiting the body's energy and circulatory systems.

## References

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