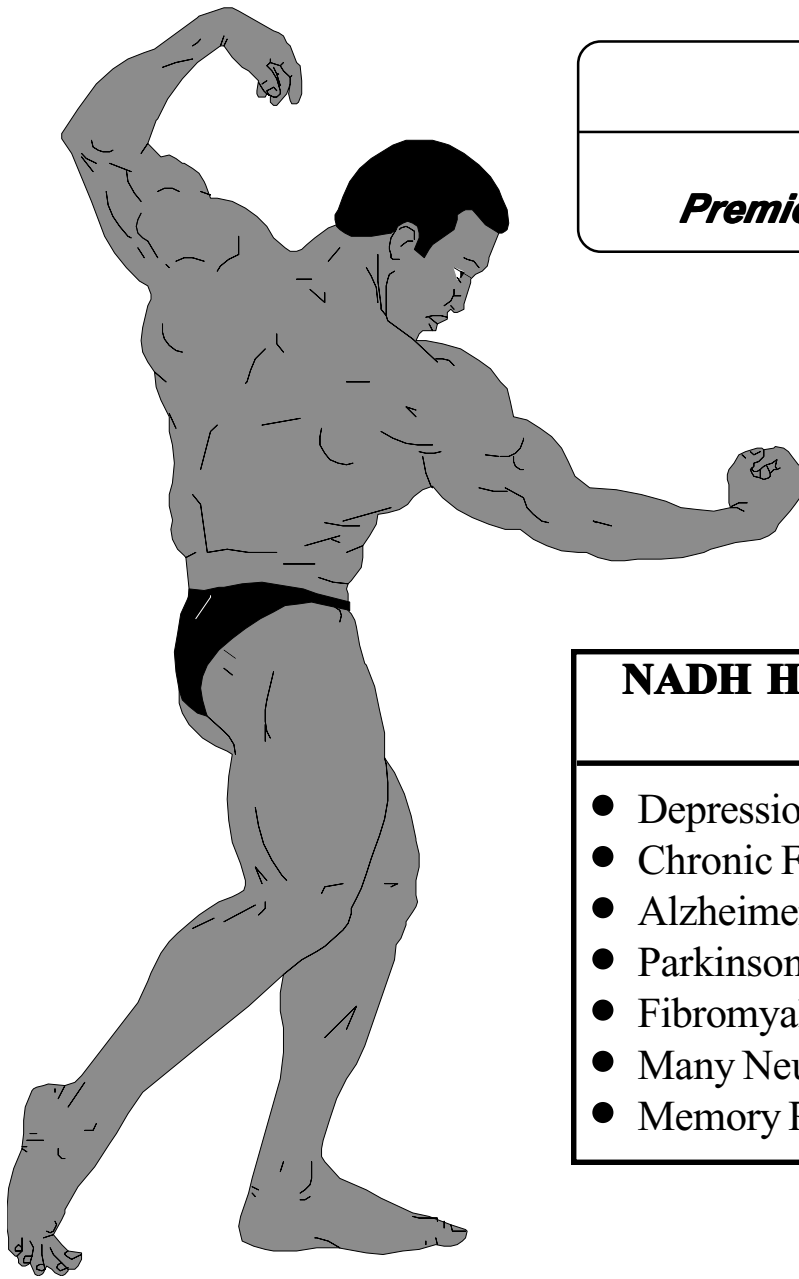


# NADH



## NADH

*Coenzyme One  
Premier DNA Repair Enzyme*

### **NADH Has Been Successfully Used In:**

- Depression
- Chronic Fatigue
- Alzheimer's Disease
- Parkinson's Disease
- Fibromyalgia
- Many Neurological Diseases
- Memory Problems

### **Amazing Research On NADH Shows That It Can Dramatically Help To:**

- Enhance DNA repair in damaged cells
- Improve athletic performance
- Improve heart efficiency
- Produce natural deep sleep
- Enhance memory, alertness, concentration
- Up-regulate immune system functioning
- Increase oxygen utilization
- Increase secretion of dopamine, serotonin, noradrenalin

# NADH

*Premier DNA Gene Repair Enzyme*

## What is NADH?

NADH is a coenzyme found naturally in all living cells of the human body. NADH is also called Coenzyme 1, because it is top-ranked over all other coenzymes, including the famous Coenzyme Q-10. NADH is the abbreviation for nicotinamide adenine dinucleotide. The "H" stands for "hydrogen" and indicates that this molecule is the reduced form of Coenzyme 1.

## Needle and Thread for Your DNA

Genetic damage is part of the biochemical basis for many chronic diseases such as cancer, heart disease, rheumatoid arthritis, arteriosclerosis, Parkinson's, Alzheimer's Diseases, and many immune system deficiency diseases. Our DNA repair system cannot function properly without adequate amounts of NADH. The more DNA needs to be repaired, the more NADH is used up by the cell. The more NADH a cell has available, the greater the repairing capacity. With increased NADH, greater longevity and life extension could be the result. NADH is life-critical to help slow the aging process and to maintain and defend the brain as well as the entire body. What good is a longer life if cognitive impairment and memory problems make a caregiver essential?

## Boosting Athletic Performance

The results of a European research study were reported in April, 1996, in the International Journal of Sports Medicine. This study measured the reaction times and ergometric performance of competition level cyclists and long distance runners. The athletes took 5 mg of NADH daily for 4 weeks. After 4 weeks, 16 of the 17 athletes had decreased their reaction times by an astounding 10 to 20%. These are impressive improvements for young, well-conditioned competitive athletes. The athletes themselves were also quite impressed that their reaction times had shortened. In addition, their spiro-ergometric parameters, maximum oxygen uptake (VO<sub>2</sub> max/kg) and maximum heart frequency were also improved. There were no negative side effects. The athletes commented that they also experienced greater mental acuity and alertness.

## The Most Potent Biological Antioxidant

NADH is the most potent biological antioxidant known. Aging is a transition from an energy-rich state to an energy-poor state. The energy-rich state is the reduced form of a biological compound; the energy-poor state is the oxidized form of the same compound. NADH, the reduced form of Coenzyme 1, has the highest reduction potential of all biologically active compounds. Therefore, it can produce the greatest amount of energy. NADH can also scavenge free radicals to a greater extent than any other known biological substance.

## NADH: Increased Energy and Vitality

NADH is a very safe, effective substance, not toxic even in high concentrations and has no side effects. NADH can increase cellular energy production and can also extend cell life. NADH has been shown to slow aging and provide dramatic help for those with degenerative diseases, including chronic fatigue, depression, Alzheimer's and Parkinson's Diseases. Even seasoned athletes found that NADH helped to surprisingly improve their athletic performance and oxygen capacity. Imagine what NADH may do for you and your family.

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