



FACT SHEET

ENADA®

NADH

(Nicotinamide Adenine Dinucleotide)

What is NADH?

- ▶ Natural substance that occurs in every single cell to increase overall energy found in all living cells: plants, animals & humans.
- ▶ Supports the memory, immune system & DNA repair for proper production of cellular energy.
- ▶ Improves cognitive capability & improves memory.

Why is NADH Important?

- ▶ A body deficient in NADH is like a car that has run out of petrol.
- ▶ The more NADH a body has the more energy it can produce.

NADH production declines with age.

Why supplementing with NADH is important:

- ▶ Vegetables, fruits and other vegetarian food contain low NADH.
- ▶ NADH obtained from meat and fish would only deliver a minimum amount –due to being degraded by the stomach's digestive gastric acids.
- ▶ NADH improves the efficiency of liver enzyme functions.

How does energy depend on NADH?

- ▶ The billions of cells that form tissue and organs and ultimately the human body have an important assignment to produce energy.
- ▶ When our cells slow down or decline the most visible result is tiredness or overall fatigue.
- ▶ NADH is a part of every living cell. Inside each cell is a process known as the krebs cycle combines NADH with hydrogen to form ATP, your own body's energy.

ATP:

- ▶ ATP serves as the most common & convenient chemical form of energy stored in every cell.
- ▶ Like a biological battery that stores & releases energy when the body needs it.
- ▶ When cellular energy is required, ATP is broken down under the action of water to release energy.
- ▶ NADH is a very efficient producer of ATP.
- ▶ Without a complimentary co-enzyme, the majority of enzymes are useless & will not produce complete protein systems for the human body.
- ▶ Unlike DHEA and Melatonin NADH is a coenzyme not a hormone.

NADH Benefits for anti-aging:

- ▶ Aging is a complex biological process – as we age the NADH and energy levels in our cells decrease: ageing is loss of energy.
- ▶ When cellular energy declines below a certain threshold cells begin to slowly deteriorate & tissue degenerates.

Is NADH helpful for athletes?

- ▶ Studies have shown on elite athletes enhanced performance on short term and prolonged exercise at maximum intensity.
- ▶ Other studies on cyclists have shown that cyclists increased their oxygen capacity & improved reaction times after only one month of 5mg NADH per day !

Are there any side effects from NADH?

- ▶ Hundreds of thousands have taken NADH since becoming available in Health Stores worldwide with no significant side effects.

Can NADH be taken with medication?

- ▶ No interference has been shown however consumer should always check with GP first.

How soon will results be seen?

- ▶ We all have unique biochemistry: on average optimal effectiveness is shown in 4 weeks of continuous usage. Many individuals report an improvement within 5 to 10 days.
- ▶ NADH must enter the billions of cell structures for energy production to begin.

How to take ENADA

ENADA Vitality 5mg

Formulated to provide sustained energy.

Take 1 – 2 tablets a day, taken with water on an empty stomach, 30 minutes before food. Ideally in the morning.

NEW

ENADA Co-E1 (Fast Acting) 10mg

Carefully formulated for NADH to enter the blood stream immediately.

Take 1 – 2 tablets a day, place under the tongue and allow to melt, 30 minutes before food. Ideally 1 in the morning and 1 at lunchtime.

NEW

ENADA Mojo (Fast Acting) 20mg

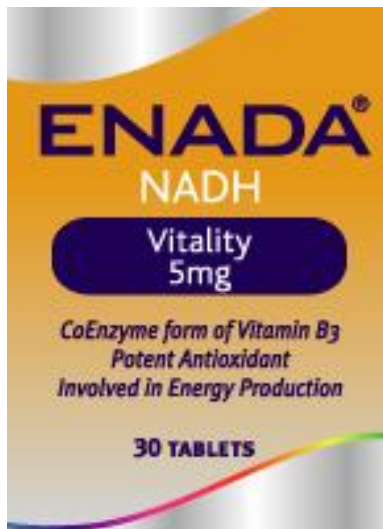
An elite product for when mental clarity and alertness is needed most.

Take 1 – 2 tablets a day, place under the tongue and allow to melt, 30 minutes before food. Ideally 1 in the morning and 1 at lunchtime.

ENADA – THE BRAND:

Only brand of NADH that is stabilised (protected by several worldwide patents).

Needs	Products		
	Enada Vitality 5mg	Enada MOJO (Fast Acting) 20mg	Enada CO-E1 (Fast Acting) 10mg
Athletic Energy			•
Executive Thinking Energy			•
Sports Endurance			•
Everyday Energy Boost		•	
Mental Clarity		•	
Jet Lag		•	
Increase Brain Performance		•	
Heart Health	•		
Low Mood		•	
Low Energy Levels	•	•	



If you would like any further information on this or any other of our products please

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