Enigma®

NADH energy



To provide support for the energetic metabolism

Ingredients per capsule:

5 mg NADH (reduced nicotinamide- adenine- dinucleotide) Vitamine B 5 complex with: 20 mg niacin (vitamine B3)

3 mg vitamine B1

3 mg vitamine B6

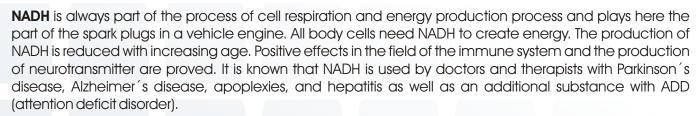
400µg folic acid

 $1,5 \mu g$ vitamine B12

Consummation reference:

1 capsule per day taken with water during a meal.

Common description:



Vitamine B-complex (vitamines B1, B3, B6, B12, folic acid) is important for growth, progression and metabolism, here especially regarding the function of the nervous system and muscles.

Folic acid takes part in the process of constructing blood capsules and mucous membranes. Moreover it helps with the regulation of DNA-, RNA- and the protein metabolism. It plays a big part in the regulation of genexpression. Furthermore, it is involved in the decomposition of homocysteine which is unhealthy for the cardiovascular system.



