

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 µg vitamine B12



Consumation reference:

1 capsule per day taken with water during a meal.

Common description:

NADH is always part of the process of cell respiration and energy production process and plays here the part of the spark plugs in a vehicle engine. All body cells need NADH to create energy. The production of NADH is reduced with increasing age. Positive effects in the field of the immune system and the production of neurotransmitter are proved. It is known that NADH is used by doctors and therapists with Parkinson´s disease, Alzheimer´s disease, apoplexies, and hepatitis as well as an additional substance with ADD (attention deficit disorder).

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.