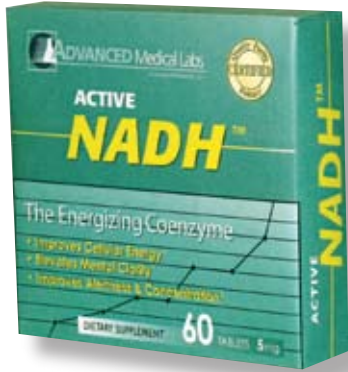


## Active NADH™



### DESCRIPTION

NADH is an exciting nutritional advancement that promotes improved physical energy and mental sharpness. A naturally occurring coenzyme, NADH helps increase cellular production of energy, while increasing overall vitality. This formulation offers the highest dosage available on the market, allowing for patients to reduce the number of doses needed to reach a therapeutic effect.



Item Number	Strength	Amount
AM310	10 mg	30 tablets
AM330	5mg	30 tablets
AM360	5 mg	60 tablets

Also available as individual strips. Call for more information.

### BENEFITS\*

NADH has been used to assist in:

- Optimal support of energy made from glucose
- Stimulation of natural production of neurotransmitters for healthy cognitive function

### INGREDIENTS PER SERVING (1 tablet)

NADH (nicotinamide adenine dinucleotide) 5, 10 or 20 mg

Other ingredients: D-Mannitol, Sodium Bicarbonate, Microcrystalline Cellulose, Magnesium Stearate, Sodium Ascorbate, Enteric Coating (methacrylic acid copolymer), silicon dioxide, surelease coating.

### MECHANISM OF ACTION

NADH is the reduced form of NAD (nicotinamide adenine dinucleotide), a coenzyme necessary to dehydrogenate primary and secondary alcohols and form NADH. NADH in turn, serves as a hydrogen donor in the respiratory chain. NADH is an essential intermediate in the cellular processes that generate energy from glucose in the form of ATP.

### PUBLISHED RESEARCH STUDIES\*

In a double-blind, placebo controlled clinical trial conducted at Georgetown University Medical Center<sup>1</sup> NADH was studied in subjects diagnosed with Chronic Fatigue Syndrome. Subjects were either assigned to 10 mg NADH supplementation per day or placebo. The results showed 8 of 26 (31%) of patients responded to NADH, and showed a marked improvement in physical, psychological

and neurocognitive measures, in contrast to 2 of 26 (8%) to placebo. Consequently, 18 of 25 (73%) of the study patients who enrolled in a longer, open label follow-up study, showed significant improvement in clinical symptomatology and energy levels. NADH was also shown to have a good safety record, with none of the subjects experiencing any significant adverse effects.

In another study conducted at the Sleep-Wake Disorders Center at the New York Weill Cornell Medical Center<sup>2</sup>, researchers tested the ability of oral stabilized NADH to improve alertness, mood, and performance on cognitive tasks in 25 healthy middle-aged adults after one night of total sleep deprivation.

In this double-blind crossover study, subjects performed significantly better on measures of cognitive performance following one night of total sleep deprivation when they received the NADH supplement compared to placebo. In particular, overall performance efficiency (number of correct answers per minute) measured one hour after consuming 20 mg of sublingual NADH was significantly higher than after placebo. Self-reported alertness, lethargy (both self-reported and objectively quantified), and mood, did not differ when the subjects consumed NADH or placebo.

### ADVERSE REACTIONS

Side effects may include nervousness and loss of appetite in the first few days after beginning NADH supplementation. No serious side effects have been documented with up to one year of use. Long-term supplementation has not yet been evaluated.

### RECOMMENDED USE

Take each morning on an empty stomach, 30 minutes before eating, with water only. Do not double up on usage if a dose is missed. See individual products for dosage amounts.

### STORAGE

Store in a cool dry place.

Keep out of reach of children.

### REFERENCES

1. Forsyth LM, Preuss HG, MacDowell AL, et al. Therapeutic effects of oral NADH on the symptoms of patients with chronic fatigue syndrome. *Annals of Allergy, Asthma and Immunology*. 1999;82:185-191.
2. Moline ML, Rebata JL, Flye BL, Zendell SM, Broch L, Ford T, Zak R, Kay GG. Effectiveness of NADH in Alleviating Effects of Sleep Deprivation in Healthy Middle-Aged Adults. Abstract presented and published in the proceedings of The First International Conference on Mechanisms of Action of Nutraceuticals, October 2001.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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