

## If You Need Energy And Alertness, Nadh May Help

ENADA is a stabilized version of NADH that has been formulated to withstand the digestive acids in the stomach. Without this stabilization, it would be destroyed instead of absorbed in the intestinal tract the way it should be. NADH is the biological form of hydrogen. Hydrogen and oxygen react together to form water and energy. Every living thing needs water and energy to survive.

The proper name of NADH is beta-nicotinamide adenine dinucleotide. This is a naturally occurring co-enzyme necessary for energy production in the cells. This energy is called ATP (adenosine triphosphate). It is technically the activated form of niacin, which is Vitamin B3. A deficiency of NADH in the body results in severely impaired energy production. Without energy, the cells eventually die.

NADH plays an important role in creating brain chemicals, which are called neurotransmitters. These chemicals include serotonin, dopamine and norepinephrine, which control alertness, memory, concentration and mood. People who regularly use NADH in the form of ENADA claim that it helps improve mental alertness.

One third of all of the energy produced in the body is used by the brain. When the supply of NADH is low, it affects cognitive function and causes a lack of concentration and alertness. Sleep deprivation also plays a large role in mental alertness and function. Insufficient levels of NADH play a part in disturbed sleep patterns.

ENADA is considered to be extremely safe when used as a supplement, and it has no known drug interactions. The only side effects come with overuse and include nervousness and loss of appetite. These side effects generally occur in the first few days of use.

Malic acid is known to inhibit the efficiency of NADH. It also damages and breaks down NADH in the stomach. It is important to avoid any supplements containing malic acid while you are taking NADH.

### ENADA Uses:

ENADA is known to help with low energy and recurring fatigue because of the increase in cellular ATP. For this reason, it helps ease the symptoms of jet lag.

The use of ENADA has also been found to aid in the increase of neurotransmitter production, which is responsible for supporting and regulating moods. Along with mood support, ENADA improves cognitive function. This has been shown to aid with verbal fluency and the ability to connect visual images.

ENADA is much more effective as a stimulant than caffeine. When caffeine is introduced into the body, it triggers adrenaline (epinephrine) from the nerve cells. It gives the body a quick boost and renders the body less tired and more alert. The problem is that the jolt of energy from caffeine is short lived. It only lasts for a little while, and then your energy level crashes and you feel worse than you did to begin with. It has also depleted your adrenaline reserve, so there is none left to maintain your energy and concentration.

NADH works to stimulate the biosynthesis of adrenaline. In other words, it fills the adrenaline pool so you have plenty to maintain your energy levels. All of the brain cells are also stimulated, so your overall performance is improved. With more energy, you feel strong and vitalized.

ENADA has been tested and proven to enhance athletic performance. Athletes who take regular doses of ENADA boast improved reaction times, better physical performance and higher quality performance. This is especially true with competitive cyclists and long distance runners. Oxygen intake during workouts has been found to increase with ENADA use as well.

To maintain mental alertness and improve ATP production in the cells, it is important that NADH is a regular supplement to your diet. ENADA is a safe, stable and effective form of this energizing chemical. As with any dietary supplement you intend to add to your daily regimen, consult your physician before use.

### About the Author

More information on [Nadh alert](http://vitanetonline.com/) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

