

Nicotinamid Adenin Dinucleotid Hydrid

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NADH

The abbreviation NADH stands for nicotinamide adenine dinucleotide hydrid. As this is difficult to pronounce, NADH is sometimes simply called coenzyme 1. Think of NADH as biological hydrogen, which occurs in every plant, animal, and human cell. We thus consume it in our daily food as a natural molecule, widely available, without any side-effects.

Increased Cell Energy

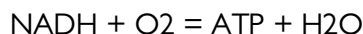
NADH can be viewed as the bottleneck of energy flow in the cell. The more NADH is available (together with the coenzyme Q10), the more energy is generated in the cell, and vice versa. Who of us does not suffer from a temporary lack of energy? That's why NADH even has an effect on healthy people, when they simply feel their 'get and go', has got up and gone.



The "NADH Pope" is Prof. Dr. med., Dr. chem. George Birkmayer from Vienna, who dedicated his life to research this natural material and to developed the industrial production of NADH from brewer's yeast. If you would like to read his, and other studies, please click on the link below. Here you will find over 50 studies by Prof. Birkmayer, as well as numerous videos with his lectures and interviews: <https://birkmayer-nadh.com/en/info/publications.html>

Involved in countless metabolic processes

In every cell of our bodies, NADH reacts with the oxygen we absorb whilst breathing. The universal energy molecule ATP (adenosine triphosphate) is thus formed together with water. This is expressed in an equation:



The mechanism of action is therefore simple, but extremely effective! NADH is involved in over a thousand metabolic processes, the most important being:

- Increases the energy in all cells
- Repairs damaged DANN
- Is a particularly powerful antioxidant
- Strengthens the immune system
- Reduces cholesterol
- Reduces blood pressure
- Increases dopamine
- Increases serotonin
- Improves circulation
- Relieves pain
- Increases libido in men and women



NADH has been approved as a food supplement in Switzerland since 1 May 2017.

Possible indications of NADH

As NADH demonstrates the simple effect of producing more energy in the body, the list of ailments which it can help improve is unusually long. The most important are:

- Chronic Fatigue (CFS)
- Depressions
- Parkinson
- Multiple sclerosis
- Alzheimer's disease / dementia
- Burnout
- Brain disorders
- Stroke
- Sleep disorders
- ADD and ADHD
- Jet lag
- Anti-aging
- Cancer
- Type II diabetes
- Menopausal symptoms
- Arthrosis
- Increased performance
- Glaucoma (increased eye pressure)
- Macular degeneration (old age sight weakness)



Dosage

The dosage is dependent on the ailment pattern. For healthy people who just want to spike up their energy, a dosage of 2 x 10 mg per day is sufficient.

Whilst one is ill, the dosage should be 60 to 100 mg per day. The best way to take this dosage is to take 2/3 in the morning about 20 minutes before breakfast and the remaining 1/3 around 2 hours after lunch. Taking NADH in the evening is not recommended as it can disturb your sleep.

In the case of some ailments, the effect of NADH is increased when additional substances are consumed. For example, with arthrosis, MSM, glucosamine and chondroitin, should be considered. For eye diseases and pain treatment, the use of L-arginine (600 mg) is recommended.

A Gem without negative side-effects

NADH has no side effects! A daily dose of up to 35 grams (!) resulted in no toxic side effects. There are also no drug interactions. NADH is therefore a true Gem with profound effect and no side effects.