NADH stands for “nicotinamide adenine dinucleotide (NAD) + Hydrogen (H).” This chemical occurs naturally in the body and plays a role in the chemical process that generates energy.

**QUICK FACTS**
- NADH is used for improving mental clarity, alertness, concentration, and memory; as well as for treating Alzheimer’s disease and dementia.
- Because of its role in energy production, NADH is also used for improving athletic performance and treating chronic fatigue syndrome (CFS).
- NADH also plays a notable role in the synthesis of neurotransmitters in the brain.

**OTHER INFO**
NADH is a co-enzyme found in all living cells that is derived from Vitamin B-3, also known as Niacin. NADH is an essential cofactor for hundreds of biochemical reactions, and is used extensively in the production of cellular energy (ATP).

Some people use NADH for treating high blood pressure, high cholesterol, jet lag, depression, and Parkinson’s disease.

NADH produced by our bodies is involved in making energy in the body. There is evidence that suggests NADH helps reduce blood pressure, lower cholesterol, helps chronic fatigue syndrome by providing energy, and helps increase nerve signals for people with Parkinson’s disease.

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**Essential NADH**

**WHY THIS SUPPLEMENT?**
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

**WHAT SETS US APART?**
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

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**Supplement Facts**
**Serving Size: 1 Vegetable Capsule**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>NADH (Reduced β-Nicotinamide Adenine Dinucleotide)</td>
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<tr>
<td>D-Ribose</td>
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**Daily value not established.**

**Other Ingredients:** White rice flour and Vegetable Capsule.

**SUGGESTED USE:** As a dietary supplement, take one capsule daily 30 minutes before a meal or as directed by a health care provider.

**30 VEGETABLE CAPSULES**

This product is available at:

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**Where Health Comes Naturally**

OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*