

# ENADALERT®



## The Ultimate Energy Nutrient!

**S**ource Naturals ENADALERT is an energy nutrient that has caught the attention of the national media. ENADALERT is the trademarked name for NADH (10 mg), a natural coenzyme that occurs in all living cells.

ENADALERT is a nutrient for people who desire a stimulant-free energy boost. It acts quickly to restore alertness and energy, help relieve drowsiness, and boost stamina and endurance.



## Stimulant-Free Energy Boost

ENADALERT is the trademarked name for NADH (10 mg), a chemical cousin of niacin. NADH plays a central role in cellular energy production, and is especially concentrated in high energy-demanding tissues such as the brain and heart.

Quick-acting ENADALERT can be used to boost performance for three to five hours, when taken up to one hour before traveling, time zone changes/jet lag, long meetings, studying, workouts, and athletic events.

## Quick-Acting Because It Dissolves in Your Mouth

ENADALERT provides you with a quick energy boost without stimulants. Just open the convenient packet and place one or more tablets under your tongue until fully dissolved. This method allows the NADH to enter your system via the blood vessels under the tongue and in the cheeks—bypassing the acids in your stomach which would otherwise break down the NADH.

## Catalyst of Cellular Energy

NADH is the reduced form of Nicotinamide Adenine Dinucleotide (NAD). It is a niacin derivative that contains high energy hydrogen. (The “H” in NADH stands for hydrogen.)

First discovered in 1934, NADH was found to be a central component used by our cells to produce energy. The more energy a cell needs, the more NADH it demands. For example, heart cells contain about 90 micrograms of NADH per gram of tissue, brain and muscle cells about 50 micrograms, and red blood cells about 4 micrograms.

## Lifestyle Tips for High Energy

For optimal energy levels, supplementation is only part of the picture. An energy-friendly lifestyle requires proper nutrition, including key nutrients such as B-vitamins and healthy fats and oils that are necessary for the production of ATP, the energy molecule. Healthy sleep patterns give you time to recharge, with enough power to get through the following day. You should avoid stimulants such as caffeine, which actually rob your body of energy by withdrawing from your energy “savings account” and leaving you less reserves to draw upon later. You should also avoid stressful situations that drain your energy and emotions. And, of course, regular exercise is important for energy and health.

## The Nutrient for Everyone

NADH is a supplement for everyone concerned with optimizing the body's processes for producing cellular energy. Source Naturals ENADALERT is available in 10 mg tablets. Source Naturals also offers Enada<sup>®</sup> NADH in 2.5 mg and 5 mg tablets.



**SOURCE NATURALS<sup>®</sup>**

*Strategies for Wellness<sup>sm</sup>*

The above information has 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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