

# LEARN ABOUT CELLULAR ENERGY

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WE ALL KNOW THAT THE HUMAN BODY NEEDS ENERGY TO OPERATE, TO ENABLE US TO WORK, TO PLAY AND EVEN TO REPAIR DURING REST. EVERY ASPECT OF OUR BEING, WHILE WE'RE AWAKE OR ASLEEP, RUNS ON CELLULAR ENERGY. WE NEED CELLULAR ENERGY TO MAKE OUR HEART BEAT, TO ALLOW OUR BRAIN TO PRODUCE THOUGHTS, TO PROTECT OURSELVES AGAINST DNA DAMAGE. CELLULAR ENERGY IS THE FUEL OF LIFE. SO, WHERE DOES THIS CELLULAR ENERGY COME

FROM? THE FOOD WE EAT CONTAINS PROTEINS, CARBOHYDRATES AND FATS WHICH OUR BODIES USE AS FUEL. TINY POWER STATIONS WITHIN OUR CELLS CONVERT OUR FOOD INTO CELLULAR ENERGY. THESE POWER STATIONS RUN ON A MOLECULE CALLED NICOTINAMIDE ADENINE DINUCLEOTIDE, OR NAD. NAD DECLINES WITH AGING. IT IS ALSO RAPIDLY CONSUMED BY THE BODY WHEN OUR CELLS BECOME STRESSED DUE TO THINGS SUCH AS DISRUPTIONS IN OUR SLEEP ROUTINES, LACK OF EXERCISE, OVER-EATING, HEAVY ALCOHOL CONSUMPTION AND OTHER DAILY ENVIRONMENTAL EXPOSURES. THESE REDUCTIONS IN NAD IMPAIR OUR ABILITY TO PRODUCE CELLULAR ENERGY, WHICH IS CRITICAL IN SUPPORTING OUR DEFENSE AGAINST DNA DAMAGE, MAINTAINING HEALTH WHILE UNDER STRESS AND HELPING TO MAINTAIN MUSCLE MASS, WHICH TENDS TO DETERIORATE WITH AGE. INCREASING NAD IS A SCIENCE-BASED STRATEGY TO INCREASE CELLULAR ENERGY PRODUCTION. WANT TO LEARN MORE ABOUT BOOSTING YOUR BODY'S NATURAL ENERGY SOURCE? VISIT ABOUT-NAD.COM.