

SUNDRUPS NUTRITION REVIEW

September 2019

The Anti-Aging Effects of NAD⁺

Ability to make energy is critical from athletics to memory to cellular repair. When we are young, brain and physical energy is most always in good supply. With aging, energy levels can reduce and impair almost every function in the body. A balanced diet, essential vitamins and minerals and exercise are basic to forming energy but lowering hormones beginning around age 25 can impair the process.

Increasing NAD⁺

Researchers at Harvard spent the last several years developing and testing a combination of natural molecules that could increase the body's energy forming molecule NAD⁺. They combined Nicotinamide Riboside with a form of resveratrol and were able to maintain 40% to 60% increases in NAD⁺. The flavonoid Quercetin also activates NAD⁺.

Role of Mitochondria

Mitochondria are small little organs (organelles) within the cells where the majority of energy is formed. They can be lost due to free radicals that are created in energy formation. Without them you can't access your memories or repair DNA. One of the critical antioxidants the body produces to protect mitochondria is SOD. It requires certain minerals to work properly and can be increased up to 48% by eating a little over a tablespoon of goji berries on a daily basis. Some people do show up with gene flaws that limit the ability to make SOD. There is a new cantaloupe sourced SOD now available for these people.

These molecules along with PQQ then activate the PGC1 α gene to increase formation of new mitochondria in the body and the brain.

Increase Mitochondria, Increase Energy

Fortunately, there is a gene that can be turned on that causes new mitochondria to be formed. It is called PGC1 α .

Here are the molecules that have shown to activate this gene:

- Quercetin
- Resveratrol or Pterostilbene
- PQQ (specifically in the brain)
- Nicotinamide Riboside



Mark Herrin
Nutritionist

New Fall and Winter Hours

Monday - Saturday 9:00 to 6:00
Sundays 12:00 to 5:00

Sundrops Nutritionists and Dietitians are available to
discuss your nutrition or for in-depth consultation.

References available upon request. *These statements have not been evaluated by the Food and Drug Administration. Research, nutritional information and products are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before initiating any new dietary or supplement program.

SAT SEPT 7th
1st Saturday Sale
25% off MSRP
All non-professional supplements

Small Bites...

Research

CBD doses of 10-12 milligrams per kilogram of weight in children with epileptic encephalopathy showed a reduction in seizures, most by more than 50 percent.

J Frontiers 2019

Older adult subjects with low circulating Vitamin K levels were nearly twice as likely to develop a mobility disability compared to those who had sufficient levels.

J Gerontology 2019

Researchers recently discovered that 400 milligrams of CoQ10 per day resulted in lowering of migraine severity, duration and frequency per month in women diagnosed with episodic migraines.

J Nutritional Neuroscience 2018

Studies indicate Omega-3s from marine sources may reduce the risk of type one stroke caused by narrowing or blockage of a blood vessel in the brain.

J NIH 2018

Pomegranate juice was shown to help ward off infections in dialysis patients, thus, decreasing hospitalizations for infections.

J NCCIH 2016

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