Can NAD Supplements Really Improve Your Mitochondria? Transcript

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Why Mitochondria Need Supplement Support

So, what can you take supplement-wise to So, what can you take supplement-wise to help your mitochondria function better help your mitochondria function better and maybe heal? Let's break that down.

and maybe heal? Let's break that down. Hey, I'm Dr. A and I've been involved in Hey, I'm Dr. A and I've been involved in teaching and researching in the teaching and researching in the naturopathic and integrated medical naturopathic and integrated medical communities for 30 plus years now. Been communities for 30 plus years now. Been uh seeing patients for a very long time uh seeing patients for a very long time and I use this channel to answer and I use this channel to answer questions. There aren't a lot of drug questions. There aren't a lot of drug treatments that are really aimed at treatments that are really aimed at helping the mitochondria. There's a lot helping the mitochondria. There's a lot of drug treatments that slow your of drug treatments that slow your mitochondria down, but there's not ton mitochondria down, but there's not ton of drug treatments that are really aimed of drug treatments that are really aimed at the mitochondria. There's a couple at the mitochondria. There's a couple that are sort of crossovers between that are sort of crossovers between supplement, maybe a drug or or a supplement, maybe a drug or or a pharmacologic device, and we'll look at pharmacologic device, and we'll look at those at the end, too. But I I picked those at the end, too. But I I picked the top seven. Now, keep in mind, this the top seven. Now, keep in mind, this is just seven common intervention areas.

is just seven common intervention areas. There's tons of other things you can do There's tons of other things you can do to help your mitochondria. There's diet to help your mitochondria. There's diet things, lifestyle things, sleeping things, lifestyle things, sleeping better, all of that stuff. But let's get better, all of that stuff.

What NAD Is and How It Powers Your Cells

But let's get into the supplements. Number one would into the supplements. Number one would be very popular on all social media be very popular on all social media right now. The support of NAD, which is right now. The support of NAD, which is nicotinomide adinine ducleotide or NAD nicotinomide adinine ducleotide or NAD for short. And that basically is the for short. And that basically is the active form of vitamin B3 where they active form of vitamin B3 where they take the body takes two residues of take the body takes two residues of vitamin B3 and links them together with vitamin B3 and links them together with some chemistry. that NAD then becomes a some chemistry. that NAD then becomes a very active co-actor and also donor of very active co-actor and also donor of energy substrate. So supporting NAD energy substrate. So supporting NAD directly feeds the oxidative directly feeds the oxidative phosphorilation system that helps the phosphorilation system that helps the mitochondria make more energy. So in NAD mitochondria make more energy. So in NAD support you could get NAD through an support you could get NAD through an intravenous or an injection type of a intravenous or an injection type of a treatment. So intravenous NAD is very treatment.

Best Oral Forms of NAD Support

So intravenous NAD is very common now in all sorts of clinical common now in all sorts of clinical settings. Why can't I just take NAD settings. Why can't I just take NAD orally? It's because remember it's sort orally? It's because remember it's sort of a complicated molecule. The body of a complicated molecule. The body would break it down if you did that. But would break it down if you did that. But what could you take orally that would what could you take orally that would help? Well, the first one that has help? Well, the first one that has probably the most research and the one probably the most research and the one that I usually prefer if I really need a that I usually prefer if I really need a lot of support for the mitochondria is lot of support for the mitochondria is nicotinomide ribocide or NR. And that nicotinomide ribocide or NR. And that one, as I say, has good research behind one, as I say, has good research behind it. It's mostly an oral product that you it. It's mostly an oral product that you can get wherever you get supplements and can get wherever you get supplements and that one works really pretty good. NMN that one works really pretty good. NMN is nicotine monucleotide and that one is nicotine monucleotide and that one you can

kind of find in the US as a you can kind of find in the US as a supplement but the FDA is saying that supplement but the FDA is saying that that's a drug and it's taking it off the that's a drug and it's taking it off the supplement market. But you can find it.

supplement market. But you can find it. It's just the FDA goes along and tells It's just the FDA goes along and tells the supplement company to stop making it the supplement company to stop making it as soon as they figure it out. In other as soon as they figure it out. In other countries, NMN's very common, and I've countries, NMN's very common, and I've used a lot of NMN before it became used a lot of NMN before it became endangered as a supplement, but endangered as a supplement, but nicotenomide ribocidees very easy to nicotenomide ribocidees very easy to use. There are also like sublingual NADH use. There are also like sublingual NADH supplements which also work really well.

supplements which also work really well. It's like a lozenge and it's because It's like a lozenge and it's because that's a little more complex molecule.

that's a little more complex molecule. So, you want to absorb it sublingually So, you want to absorb it sublingually instead of eating it. And then although instead of eating it. And then although slower, the cheapest of all these ways slower, the cheapest of all these ways is nicotinomide or niacinomide. So this is nicotinomide or niacinomide. So this is not niacin. Vitamin B3 has two is not niacin. Vitamin B3 has two chemical forms. Niacin is a little less chemical forms. Niacin is a little less active. That's the one that makes you active. That's the one that makes you flush when you take it. Niainamide, the flush when you take it. Niainamide, the longer name. You don't flush with that.

longer name. You don't flush with that. And niainamide actually goes into NAD And niainamide actually goes into NAD formation faster than niacin. So if you formation faster than niacin. So if you take niainamide as a supplement, that take niainamide as a supplement, that also is a way to boost your NAD levels.

also is a way to boost your NAD levels.

Safety and Dosing for NAD Supplements

it's not going to boost them as fast. it's not going to boost them as fast. So, just one quick thing with any of So, just one quick thing with any of these, if you take too much or you take these, if you take too much or you take the too fast, you can get some hyper the too fast, you can get some hyper mitochondrial symptoms and that would be mitochondrial symptoms and that would be like your heart racing or feeling shaky like your heart racing or feeling shaky or like overcaffeinated. So, if you're or like overcaffeinated. So, if you're going to take these, again, this is going to take these, again, this is information. This is not medical advice.

information. This is not medical advice. Number one, work with somebody who is a Number one, work with somebody who is a practitioner who knows how to use these practitioner who knows how to use these things. Number two, always start with a things. Number two, always start with a low dose and then work up because some low dose and then work up because some people are more sensitive to stimulating people are more sensitive to stimulating their mitochondria. Quick plug here. If their mitochondria. Quick plug here. If you're a healthc care practitioner you're a healthc care practitioner working with patients with these issues, working with patients with these issues, I have a CE website and I do webinars on I have a CE website and I do webinars on this topic and others. So, we're going this topic and others. So, we're going to put a link in the description below to put a link in the description below to the CE website link and the to the CE website link and the particular webinar of interest. Thank particular webinar of interest. Thank you. The next thing, which usually I put you.

B Complex and Alpha Lipoic Acid for Mitochondria

The next thing, which usually I put first, but NAD support is big in the first, but NAD support is big in the news, so I left that as number one. news, so I left that as number one.

Number two is the B complex of vitamins Number two is the B complex of vitamins because most not all of the B

complex because most not all of the B complex but most B complex vitamins are used as but most B complex vitamins are used as co-actors in mitochondrial function etc.

co-actors in mitochondrial function etc. So that's a pretty straightforward one, So that's a pretty straightforward one, the B complex of vitamins. And even if the B complex of vitamins. And even if you are taking like niainamide or you are taking like niainamide or nicimide ribbocide, you know, a B3 sort nicimide ribbocide, you know, a B3 sort of support, you want the other B of support, you want the other B vitamins with it because whenever I vitamins with it because whenever I speed up one B vitamin pathway or speed up one B vitamin pathway or pathways, I'm going to use other B pathways, I'm going to use other B vitamins faster. So taking a B complex vitamins faster. So taking a B complex also balances that out. Number three, also balances that out. Number three, and these don't really go in any order and these don't really go in any order from here on out. They're just sort of from here on out. They're just sort of the way that they rolled up when I was the way that they rolled up when I was making this up. Is alpha lipoic acid.

making this up. Is alpha lipoic acid. Alpha lipoic acid or ALA is a thol Alpha lipoic acid or ALA is a thol substance. It's sulfury. If you smell substance. It's sulfury. If you smell it, it smells like sulfur. And alpha it, it smells like sulfur. And alpha lipoic acid, it's made in tiny amounts lipoic acid, it's made in tiny amounts inside the human body biologically, but inside the human body biologically, but mostly it's thought of as an exogenous mostly it's thought of as an exogenous supplement. Well, it turns out that supplement. Well, it turns out that alpha lipoic acid is a sort of a partial alpha lipoic acid is a sort of a partial substrate that can go in and help the substrate that can go in and help the mitochondria to function more level and mitochondria to function more level and normally etc. Now alpha lipoic acid just normally etc.

CoQ10 and Trace Minerals for Cellular Energy

Now alpha lipoic acid just like NAD does a whole bunch of other like NAD does a whole bunch of other stuff but as far as mitochondrial stuff but as far as mitochondrial support goes it's one where you get a support goes it's one where you get a lot of other benefits with it same as lot of other benefits with it same as like B complex or NAD it works elsewhere like B complex or NAD it works elsewhere too. So ALA is commonly used there. The too. So ALA is commonly used there. The next one is co-enzyme Q10. Ubiquinol is next one is co-enzyme Q10. Ubiquinol is common name but CoQ10 is is the most common name but CoQ10 is is the most common name used and co-enzyme Q10 is common name used and co-enzyme Q10 is actually a part of the oxidative actually a part of the oxidative phosphorilation mechanics if you will phosphorilation mechanics if you will which is what creates the energy it which is what creates the energy it creates ATP generation so oxfos creates creates ATP generation so oxfos creates ATP generation CoQ10 is a piece of that ATP generation CoQ10 is a piece of that so it's again especially been so it's again especially been chronically ill CoQ10 can be very useful chronically ill CoQ10 can be very useful if you've been on certain CoQ10 if you've been on certain CoQ10 depleting ing drugs like statin drugs.

depleting ing drugs like statin drugs. Again, we usually give extra for that. Again, we usually give extra for that. The next is sometimes overlooked, but The next is sometimes overlooked, but that's trace minerals. And that's that's trace minerals. And that's because in a lot of cases, not all, but because in a lot of cases, not all, but in most cases where there's a B vitamin in most cases where there's a B vitamin that's a co-actor, there's a mineral, that's a co-actor, there's a mineral, usually a trace mineral mineral along usually a trace mineral mineral along with it. So, a common example is with it. So, a common example is normally when we see vitamin B6 as a normally when we see vitamin B6 as a co-actor, magnesium is with it. So, co-actor, magnesium is with it. So, they're co-enzymes that go together and they're co-enzymes that go together and they work better together. While your they work better together. While your mitochondria use a lot of trace minerals mitochondria use a lot of trace minerals and rather than having people supplement and rather than having people supplement like you know one or two trace minerals like you know one or two trace minerals in high amounts, what is better for your in high amounts, what is better for your overall body health and also not getting overall body health and also not getting toxic with trace minerals is essentially toxic with trace minerals is essentially to do a multi-race element as a to do a multi-race element as a supplement. So you want to get it from supplement. So you want to get it from your diet first, but as a supplement you your diet first, but as a supplement you can take a multi-race element or a can take a multi-race element or a multi-mineral and usually it will have a multi-mineral and usually it will have a bunch of trace minerals in there and bunch of trace minerals in there and they kind of go better together. Now the they kind of go better together.

Methylene Blue and Red Light Therapy

Now the last two, as I said, are sort of last two, as I said, are sort of somewhere between pharmarmacologic somewhere between pharmarmacologic interventions and supplement and they interventions and supplement and they they kind of straddle a line somewhere they kind of straddle a line somewhere in there. Number six is methylene blue.

in there. Number six is methylene blue. We've got a ton of methylene blue We've got a ton of methylene blue content. Again, like NAD support, if you content. Again, like NAD support, if you take too much methylene blue too fast, take too much methylene blue too fast, your mitochondria may speed up too much your mitochondria may speed up too much and you might feel overcaffeinated or and you might feel overcaffeinated or get jittery or tacic cardic. So, be very get jittery or tacic cardic. So, be very careful with that. Also, methylene blue, careful with that. Also, methylene blue, you can look at the other content.

you can look at the other content. There's a lot of, you know, potential There's a lot of, you know, potential safety issues and stuff with it. Make safety issues and stuff with it. Make sure you have a very reputable pharmacy sure you have a very reputable pharmacy or supplier for methylene blue because or supplier for methylene blue because methylene blue that is not regulated and methylene blue that is not regulated and not tested can have a lot of heavy not tested can have a lot of heavy metals in it. So make sure you have a metals in it. So make sure you have a supplier that is testing for these supplier that is testing for these things. Then the final one actually is things. Then the final one actually is something we have a lot of other content something we have a lot of other content about too and that is red light. Red about too and that is red light. Red light actually goes in and helps to light actually goes in and helps to directly stimulate the mitochondria directly stimulate the mitochondria through oxidative phosphorilation. And through oxidative phosphorilation. And so red light therapies in addition to so red light therapies in addition to being used as maybe antioxidant or pain being used as maybe antioxidant or pain therapies are also direct mitochondrial therapies are also direct mitochondrial therapies. And again, we've got other therapies. And again, we've got other content on red light, but that puts it content on red light, but that puts it in. So, NAD support, B complex, alpha in. So, NAD support, B complex, alpha lipoic acid, co-enzyme Q10, trace lipoic acid, co-enzyme Q10, trace minerals, methylene blue, and red light.

minerals, methylene blue, and red light. Those are the seven I wanted to talk to Those are the seven I wanted to talk to you about. Thanks for all your you about. Thanks for all your questions. I'm Dr. A. I use this channel questions. I'm Dr. A. I use this channel to answer those questions. We really to answer those questions. We really appreciate all of the subscribers that appreciate all of the subscribers that we have and the new community that's we have and the new community that's growing. And we really just try and keep growing. And we really just try and keep this channel to talking about things this channel to talking about things that you guys want answered and getting that you guys want answered and getting those answers for you. So, I'll see you those answers for you. So, I'll see you all in the next video and check out all in the next video and check out these videos we're going to suggest end these videos we're going to suggest end