NAD+ Gets the Headlines. Is NADH the Form Your Cells Actually Use? Transcript

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Opening and NADH overview

For someone who has a darker complexion, you know, sunspots and stuff like that, when they're doing the NADH regularly, consistently, about once a month, once-a-week push, the IM push.

They're able to see their dark spots actually fade away, that you can't get from NAH+. Because it's direct energy conversion, everything that we need in our system needs ATP production in order for everything to function.

Because you're getting it straight through NADH, and NAH works in that first complex of our electron transport chain. Once that electron is being donated directly into mitochondria, the ATP release is immediate.

So that's where you see the biggest difference. What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones. This is the Longevity Leaders Podcast.

Hello, everyone. It's Dr Rudy Mueller with the longevity leaders podcast. I am here today with Claire Martinsen. She is COO and co-founder of BioBloom.

Welcome. Thank you so much for having me. It's a pleasure. I'm really excited to dive into this conversation because everybody is focused in on mitochondria.

Everybody's interested in what's going to help the mitochondrial improve and what it's gonna help us with longevity. So at BioBloom, just give me a little bit of background of like maybe what got you into and when what does Bio Bloom do?

And then I've got some more specific questions I'd like to ask. Yeah, so I want to make my long story short. Okay. And I studied biology at UC San Diego and I had a late diagnosis of ADHD.

didn't realize it when I was in college. My goal was actually to be a trauma surgeon.

Claire Martinsenu2019s background and BioBloom origin

Couldn't finish my schoolwork because of the undiagnosed ADHD, and I misdiagnose with depression. And I'm like, no, screw that. That's not what happened.

So I got myself actually into the firefighting side of work. Really? Interesting. Because of the randomness and, you know, the long hours and because it's very randomized, so it gave me dopamine.

It gave that immediate release of dopamine whenever I got woken up for a call. So I liked it. And then I was getting involved with the paramedic side.

That was actually what I'm trying to go for with LA County Fire Department. got hired, but unfortunately got pregnant. So I had to pull away from that and then went into my family's business, which is also random because we distribute.

I get to pick out random products every season and that also helped with my dopamine release. When I gave birth to two of my babies, that's when everything kind of started to fall like downhill.

That's what I realized something deeper is going on myself. So I kind-of landed with this health product randomly. It was almost like the universe threw it at me and be like, girl, you need help.

Try this. So it was my mom and my aunt, they were in the back room doing some kind of injections. And I asked

them, what are you guys doing? They said, oh, it's good for you.

It's going to make you young. Just do it. I'm like, yeah, but what is it? But they couldn't explain it, so they gave me the little vial, and I started to look into it back then.

NAD plus was still a new topic. You can barely find any kind sourcing information about it and what we had was even crazier than that. On top of it it called N-A-D-H.

Same thing, but no information on it. So I had to dive deep, deep deep back into my biology books to truly find out what it was. And then I realized I kind of like hit a gold mine and I was like, okay, let me help you guys, you know, develop the marketing strategies and also kind bring this project out into the market.

That's how I found it and it's been a passion ever since and has helped myself with my own ADHD. Honestly, I cannot live without this product. That's awesome.

So when you were doing the injections in the back room, right? Was it sub-Q injections? Were they doing IVs? Oh, they were it intramuscularly. Okay, all right.

Interesting. All right, so that's a really cool story. I mean, I liked the progression and then the realization that the reason that you had success and were liking these things was because of the dopamine hits and that was making you feel okay.

And so now you have two children. I do. I have two toddlers. Two toddler, all right. A two and a four year old. All right, I've got a 4 year-old as well.

So we're going through some similar things right now. That's cool. And I'm glad that I had NAD as a supportive agent while dealing with that as parent, you know?

So talk to me a little bit about BioBloom and like, is it N. A. D.? What's the difference between N A. D. and N a D H. What makes Bio Bloom unique? Yeah, so when I first found the name, I was thinking about, you know, what helps us from the inside.

So bio bloom, essentially, is bloom from within. We have to bloom within ourselves in order for us to recover, to heal from all things externally that we've been affected by it.

NAD+ vs NADH and delivery methods

The biggest difference between NAD plus versus NAH is you still have to think of NAd plus as a precursor. It's not readily to be used energy once it goes into our system.

it still takes that conversion rate. But Nadh is that reduced form, that optimized energy. The moment you get it, your body absorbs it. the mitochondria takes it in order for us to produce our ATP.

Okay, so with the reduced form, the NADH, are we able to do that IV? Are we to that sub-Q, IM? What's the best way to receive it? So we're able do it IM.

IM essentially takes away the IV infusion because one NAd plus takes about three to five hours depending on how our body can take it. So I actually learned this from another doctor.

He told me that the reason why our body feels those types of feelings is essentially our immune system is actually combating it. It's fighting it because it's recognizing it as a foreign substance.

NADH, however, is the reduced form that our bodies is able to absorb it at a hundred percent potency. So we don't feel any of those side effects. No chest tightness, no anxiety, No feeling like our legs are going to fall apart.

so essentially by doing it intramuscularly is the equivalent as doing an IV form. So NADH only takes about a minute for the IM way and then you can also do it subcutaneously microdosing it.

Same prototype protocol as the peptides that we're currently using. And also there's another way that, we formulated which is a patch form So it's very traditional, simple band-aid-like patch.

You slap it on your wrist. And because I chose the wrist area, because it has the thinnest layer of our skin, and is able to pull the substance at a faster pace, goes directly into our bloodstream.

So our patients are able fill it within about 30 minutes. Very interesting. Okay. So, I mean, we've all been through, a lot of people have been for the NADIVs, right?

And I've been in my office pushing 500 milligrams and just like trying to get it done in a half an hour, 40 minutes and like feeling my legs going numb, my arms going down.

I have not tried any DEH, so I'm very, very interested in this. With the IM injections, is that something that people like you're I obviously, each person is an individual, right?

So, but is it something like a general protocol would be once a week, once every day? Would it like walk me through the different modes of transport and how they support each other?

So as we age, we all know that NAD molecule starts to decline in our system. When we first start the protocol, it's kind of like taking creatine, you stack it in the beginning, right?

All the proteins you got to stack a lot for your body to start recognizing, hey, I have it. And so when you're doing it intramuscularly, the first month of that protocol is once a week.

But after that first, month we're able to do it once every two weeks, once, every three weeks. Once a month. and that's the standard dose, usually just the same as the IV bags.

Is it the same like conversion milligram-wise? No, it's not. You actually need less NADH versus Nad+. NAd+, you're pushing 500mg, you are wasting about like 50-60% of it because your body's top rating of that.

And for Nadh, because you were using all of them and it is at 100% bioavailability, we only need 50mgs in order to do the exact same thing as the 500 mg.

And so when we do it subcutaneously, that one bile that's gonna last them once a week doing it intermuscularly, now you're able to last it for a whole month.

So we're doing 50 units twice a month Okay. And then the patch. The patch, I use it more so like an add-on supplement whenever I'm traveling. I used it to combat my flight fatigue, the time change, and also all the germs and the nasties around me on the plane.

Yeah. So when I've done the NAD, i feel great for maybe 72 hours after that, after struggling for an hour or so, right?

Dosing protocols and patient experience

So I always wonder like, you know, try to do it, to boost some energy, boost mental clarity before coming to like things like this and events and stuff.

So this seems like a much more long lasting credit, more beneficial experience when you, if you were to compare the benefits there. Okay. You've done N and D before.

I've only tried it a few times just because I couldn't handle it. And also I have ADHD and you know, eight people

that have like… Sitting there for two hours.

Yeah. I couldn't. And then people like us, we already utilize a lot of ATP out of our system and that conversion crashes us out. We don't get the benefit of the energy productivity.

Instead, were pulling more energy away from our own system, trying to convert. At the end of day, where getting the same energy that we eventually started with.

Okay, interesting. Yeah. So in talking with other people then maybe that have had NAD, they like it, now can vary them over to NAH. Would that benefit that, you know, NED high and that you're seeing after the infusion?

Is that something that are you seeing more long term with NTH or people noticing anything like that? If you are a medical doctor, nurse practitioner, chiropractor or other health expert that's stuck in a broken system, There's a better way.

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Yeah, so essentially NADH, one of the biggest differences that I've seen people notice is that for someone who has a darker complexion, you know, sunspots and stuff like that, when they're doing the NAH regularly, consistently, that once a month, once-a-week push, the IM push they are able to see their dark spots actually fade away that you can't get from NHD+.

Because it's direct energy conversion, right? Everything that we need in our system needs ATP production in order for everything to function. Because you're getting it straight through NADH, and NAH works in that first complex of our electron transport chain.

Once that electron is being donated directly into mitochondria, the ATP release is immediate. So that's where you see the biggest difference. And also a second one is for a lot of us females, we like that feeling of skin tightness.

A lot people start feeling that tight around their jaw, around the forehead and the diminish of their fine lines. Okay, nice.

Benefits, clinical uses, and longevity research

And for me personally, by using it on a prolonged term, there's also no on and off protocol because it's at a reduced form and it is not toxic to our system, causes no oxidative stress.

You can use it for a long term. I'm able to actually get off of all of my medications from it. That's amazing. Yeah. So because there is no immunogenicity to it, it was found there.

Okay. that's really cool. Nice. So what about for the most common patients or clients that are going to be needing this? I mean, fatigue, fibromyalgia, autoimmune, everyone?

Everyone. Yeah, literally. Someone that comes up to me like, I need more energy. NADH. I'm constantly fatigued. N-A-D-H, I have autoimmune system issues.

And N. A. D. H., I am on hormone therapy replacement, and I always, you know, they feel that fatigness, N A D H. and there's also moms that are struggling with depression, anxiety.

Also N, A, D, H, have sleep issues, And A. D. H., because this is an overall mitochondrial healing and every single part of our cells have it, an A- D- H does the job.

You've got to be a sponsor for like the housewives of whatever. Housewives, I'm here. That's awesome. I definitely want to sit down and talk with you more and see how we can start integrating this in our clinic.

We do utilize NAD as IVs. It does suck though. Our patients see great results. Most of them. Actually, most of the them see results, but you definitely have a couple of those that I am curious if the ADHD type of symptomology is more of a clue that they are not going to function well with it.

I'm gonna have to go back and look at that, but I was gonna say, oh yeah, so to have another form where they can be done from the comfort of their own home if they do IM or even sub-Q is a really nice benefit.

Yeah, and also for all the clinics and the doctors that are currently doing the NAD plus IV infusions, it takes you guys about three to five hours to turn over a chair.

When you're doing it, I am takes about five minutes. The exact amount that you can make, you make it at a faster pace and you bring in more clients this way.

Yes. Excellent. There's one other thing that I wanted to ask you with the NAD. Oh, so for testing, have you done any of the, any D testing like the this is just out of pure curiosity.

Not here in the States. We're currently partnered with a professor that's out in Hong Kong. I had the opportunity to meet him here at one of the health clinics in Los Angeles and his family are actually very involved in longevity and they're actually investing in stem cells.

It's been like millions and millions of dollars invested but failed. And when they discovered our product NADH, she was very interested. So we decided to partner with him and he's currently doing clinical studies.

And what's interesting is that with the NAH, what he found was that for a lot of his elderly patients that are 70 and above, he is actually able to elongate their telomeres at the end of their DNA.

Oh, that was very, very cool. Yeah. I'd be curious to see like a partnership with like True Diagnostics and seeing what kind of things would change there.

And then there's another one called Genfinity, which looks at any of the levels in the patient. Right. and see what kinds of results are getting there?

That's really cool and I would think that because of reduced form, there is less toxicity chance, obviously. And then, you know, we're not going to be pushing it to super physiological levels either, right?

Correct. Yeah.

How to access BioBloom and closing remarks

So the final question here is if practitioners are interested in learning more about BioBloom, if a client or patient is watching and is interested, in finding a practitioner that does it, is there a resource or what's the best way for them to contact?

Yeah, so we do have a website, biobloomed.com. You're able to find a lot of information on there. Your able submit a contact form where we also have site specifically for our professions, doctors, clinicians, PAs, MPs.

Once you fill out that form, I'm able give you access to your own site where you can see your special rates. And for those of you clinic or clients that are interested, I do host a ShopLC live TV program once a month.

Yeah, you're able to watch and catch the program on YouTube, on TV, and on a bunch of different broadcasting channel networks. We do it once-a-month and we are able sell our NADH patches at a huge discounted rate.

So for people that interested but are afraid of the injection forms, definitely catch ShopLCE for our monthly live hosting. So shop LC. Shop LC, awesome.

That's really cool. And also find me on social media, on Instagram. I'm super active on there is where to Claire, W-H-E-R- E-T-O and then C-L-A-I-RE. Awesome.

Well, thank you so much, Claire. It was an absolute pleasure to have you. Yes, it was great. Thank you. Thanks for listening to the Longevity Leaders podcast.

A Lungevity leaders community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.