

Let's Ask The Experts

Overcoming Jet Lag

by Dr. Gary Kay, Ph.D.

(NAPSA)—Here's good news for travelers across the globe: You can now reduce the effects of jet lag on your mind and body.

Jet lag is a condition affecting millions of people every year. The symptoms of jet lag include malaise, fatigue, gastrointestinal distress, insomnia or mild memory loss. Annually, it is estimated jet lag results in thousands of lost work days and a potential decrease in worker productivity.



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We now know that an important way to battle jet lag is to naturally increase your level of energy.

A coenzyme, which is a high-energy form of vitamin B₃ called NADH has been shown to increase cellular energy production in clinical testing. When given to travelers in the form of a supplement, NADH significantly reduced the effects of jet lag on mental abilities.

Travelers who are flying overnight or across several time zones may find taking the coenzyme supplement ENADAlert, which is the only stabilized NADH available over-the-counter, helps eliminate many of the negative effects of jet lag. The product has been clinically tested to boost energy levels, improve attention and alertness—major symptoms of the condition. Also, it has no known side effects, it's stimulant free, and contains no caffeine.

• *Dr. Kay is Clinical Associate Professor, Georgetown University Medical Center and Director, Washington Neuropsychological Institute. For more information, visit www.enadalert.com or call 1-800-636-8261.*