

Nicotinamide adenine dinucleotide

NADH stands for “**nicotinamide adenine dinucleotide (NAD)** + hydrogen (H).” It occurs naturally in the body and plays a role in generating energy. The NADH produced by the body is involved in making energy in the body. Taking NADH supplements might affect blood pressure and have other effects.

Nicotinamide adenine dinucleotide is a cofactor found in all living cells. The compound is called a dinucleotide because it consists of two nucleotides joined through their phosphate groups. One nucleotide contains an adenine nucleobase and the other nicotinamide

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