

Giving ME a rocket

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AN energy pill that could bring hope to thousands of ME sufferers was launched in Britain yesterday.

In tests, the food supplement - which has been described as 'rocket fuel for the body' - relieved symptoms of the chronic fatigue syndrome in nearly 80 per cent of sufferers.

The product which costs £29.99 for a month's supply can be bought across the counter at chemists and health food shops, but its makers said they would lobby for it to be made available on NHS prescriptions.

Marketed under the name Enada, it contains an enzyme called NADH which is found in meat, fish and eggs but is easily destroyed during cooking or digestion.

The tablet, already available in the US, has been designed to allow the enzyme to bypass gastric juices in the stomach and be directly absorbed into the body via the intestine.

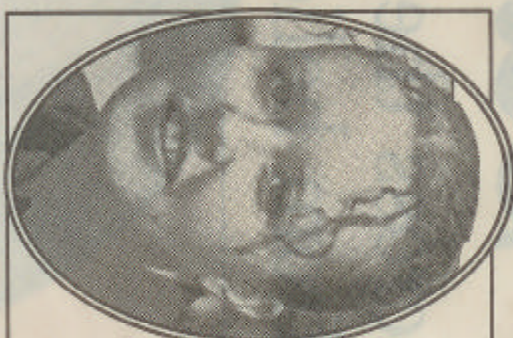
The trials showed it to be an effective way of giving the body extra energy and improving mental functioning. There are also claims that it improves the libido and it can ease symptoms associated with Parkinsons and Alzheimer's.

The main beneficiaries, however, are thought to be the estimated 150,000 Britons who suffer from ME, the symptoms of which include debilitating fatigue, joint aches, poor concentration and short-term memory loss. Those worst affected can be bedridden with pain and are unable to walk even short distances.

Dr Joseph Bellanti, who conducted the trials on ME sufferers at Georgetown University School of Medicine in Washington DC, said of the supplement: 'It is a kind of rocket fuel for the body.'

Our study was based on the hypothesis that chronic fatigue syndrome was due to a lack of energy

**Energy pill
can ease the
symptoms of
one in three
sufferers**



CASE STUDY

REBECCA Kidger was an active 14-year-old schoolgirl until she developed ME after a bout of flu. For three years she was too ill to attend school and her parents watched her decline with growing concern. Rebecca (pictured), now 17, of Shapshed, Leicestershire, tried special diets but her symptoms failed to improve. In May, however, the National ME Centre put her on to Enada. 'I noticed a difference within a week or two and I now have a lot more energy,' she said.

'Now I'm back at college and am doing two A levels. I still have bad days but feel so much better.'
Diana Camnard, struck down with ME three years ago, noticed the difference 24 hours after taking her first Enada tablet.
The former teacher from Stamford, Lincolnshire, had suffered distressing symptoms, including sleep disturbance, fatigue and agonising leg pains.
But after taking Enada, she said: 'I woke up buzzing and my enthusiasm returned - it's marvellous.'

within the body and NADH was found to raise energy levels which are depleted in these patients. During the three-month study, 26 patients aged between 26 and 57, who had suffered from ME for an average of seven years, were given Enada and a placebo.

Findings showed 31 per cent of those who took Enada experienced an improvement against just 8 per cent of those who took the placebo. Patients reported more energy, improved concentration and alertness. A further study of 1,500 patients taking Enada found 57 per cent saw some improvement.

The supplement is classed as a food not a medicine. Its manufacturers, FSC, said yesterday it would lobby the Government to allow it to be bought on prescription.

ME sufferers are currently given a range of drugs by doctors, including painkillers and antidepressants.

Dr Ian Hyams, assistant clinical director of the National ME Centre and medical director of the Harley Health Clinic, said yesterday it seemed to 'give benefits without side-effects'.