

HEALTH

New Jet-Lag Pill: Hope or Hype?



THERE ARE MANY MYSTER-ies of air travel. The unusual texture of the food is one.

Another is why there is no good cure for jet lag—that dreaded disruption of the internal clock that leads to an upset stomach and a powerful need for naps.

Researchers now claim they've found a solution: a dietary supplement called NADH (sold as ENADAlert), which many people swear by to boost energy and brain power. A new study of 35 travelers shows that those who took NADH, which gained attention last year for its positive effects on chronic fatigue syndrome, performed significantly better on attention and memory tests than those who took placebos.

Some caveats : subjects took one cross-country flight—nothing compared with the hours many business travelers log. And while Menuco—which markets the supplement and paid for the trial—claims the product, taken an hour before arrival, is "clinically proven" for jet-lag relief: the complete study has not yet been published in a peer-reviewed journal. If jet lag isn't your concern, just wait: NADH is now being tested against sleep deprivation.

FROM TOP RICK ETKIN-STONE, DAVID N BERKWITZ FOR NEWSWEEK, CRISTOPHER EVANS-SPRINGFIELD UNION NEWS