

NICOTINAMIDE MONONUCLEOTIDE (NMN)

MODERN-DAY HOLY GRAIL FOR GRACEFUL AGING

500+

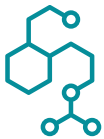
NAD⁺ shares a role in over 500 different cellular functions and chemical reactions.

NAD⁺ LEVELS

Research shows that NAD⁺ levels peak at 100% between the ages of 13 and 30 but may decline by as much as 50% between the ages of 31 and 61.

NMN CAN HELP

Evidence shows that you can support healthy cellular NAD⁺ production with NMN and other ingredients that work to maintain and promote the body's NAD⁺ levels.



NAD⁺ LEVELS



ENERGY
& MITOCHONDRIAL
FUNCTION



MUSCLE
PERFORMANCE



METABOLIC
EFFICIENCY



COGNITIVE
& SLEEP QUALITY



OXIDATIVE STRESS
& CELLULAR HEALTH

BUT THE AMOUNT MATTERS ...

NMN research has shown it can successfully increase NAD⁺ levels above the baseline of the levels measured before supplementation. The amount of NMN within the supplement is also important, as it influences how quickly this increase can be seen.

PERFORMANCE & PHYSICAL VITALITY IN OLDER ADULTS

- Elderly men taking 250 mg of NMN for 12 weeks showed moderate improvements in muscle performance - specifically in gait speed and grip strength - compared to a placebo group.
- Another study found that older men reported better sleep quality and significant improvements in walking speed (an indicator of physical activity and muscle functioning) in comparison to the placebo group.