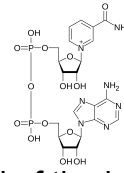


NAD+ (Nicotinamide Adenine Dinucleotide) Overview



What is NAD+?

NAD+ (Nicotinamide Adenine Dinucleotide) is a vital coenzyme found in every cell of the body. It plays a crucial role in cellular energy production, DNA repair, and overall metabolic function. NAD+ levels decline with age, leading to decreased mitochondrial efficiency and increased oxidative stress.

Why Do We Need NAD+?

As we age, NAD+ levels naturally decrease, which contributes to cellular aging, reduced energy production, and impaired metabolic function. Environmental factors such as poor diet, stress, and exposure to toxins can further deplete NAD+ levels. Maintaining optimal NAD+ levels supports longevity, cognitive function, and overall health.

What Does NAD+ Do in the Body?

Energy Production: Essential for converting food into ATP, the body's primary energy source.

DNA Repair: Supports cellular repair mechanisms and helps protect against age-related damage.

Sirtuin Activation: Activates sirtuins, proteins involved in longevity, metabolic regulation, and inflammation control.

Neuroprotection: Helps maintain brain function and cognitive health.

Mitochondrial Function: Enhances mitochondrial efficiency and supports cellular energy metabolism.

How Much NAD+ Do We Need?

The body continuously recycles NAD+, but levels decline with age, requiring supplementation for optimal function.

General Dosage: 250–500 mg per day of NAD+ precursors for general health and anti-aging benefits.

Therapeutic Dosage: 500–1000 mg per day for targeted support in conditions such as neurodegenerative diseases or metabolic dysfunction.

Best Absorption: The most bioavailable forms are Nicotinamide Riboside (NR) and Nicotinamide Mononucleotide (NMN), both of which efficiently convert to NAD+ in the body.

Benefits of NAD+ Supplementation

Boosts Cellular Energy: Enhances ATP production, reducing fatigue and improving physical performance.

Supports Brain Health: Promotes cognitive function, memory, and neuroprotection.

Improves Metabolic Health: Aids in glucose metabolism, insulin sensitivity, and weight management.

Enhances Longevity: Activates sirtuins, which play a role in lifespan extension and healthy aging.

Aids in Muscle Recovery: Supports cellular repair and reduces oxidative stress after exercise.

Strengthens Immune Function: Helps maintain immune resilience against age-related decline.

Most Bioavailable Form of NAD+

Nicotinamide Riboside (NR) and Nicotinamide Mononucleotide (NMN) are the most effective NAD+ precursors.

NMN is highly efficient in converting to NAD+ and is absorbed directly into the bloodstream.

NR is also well-researched and supports mitochondrial function and anti-aging benefits.

Conclusion

NAD+ is essential for cellular energy, DNA repair, and overall longevity. As levels decline with age, supplementation with bioavailable forms like NMN and NR can help maintain optimal health, support metabolism, and promote cognitive function.