

## NMN: The Secret to Longevity

NMN (or nicotinamide mononucleotide) is a nucleotide most commonly found in fruits and vegetables such as avocados, broccoli, cabbage, edamame, and cucumbers. In the human body, NMN is the precursor to NAD<sup>+</sup>, a coenzyme found in your body responsible for restoring neurologic function, promoting anti-aging processes, and improving mental clarity. Typically, as we age, our NAD<sup>+</sup> levels; however, taking NMN orally helps to prevent this as it will be rapidly absorbed and converted to NAD<sup>+</sup> in our body. In numerous studies, taking NMN has shown to suppress age-related inflammation, enhance insulin secretion, improve mitochondrial function, and improve neural activity, among many other benefits!

## The Pathway of NMN

In the human body, NMN participates in two different pathways - one is the salvage pathway using nicotinamide while the other follows phosphorylation of nicotinamide riboside. NMN enters the human cell in the form of nicotinamide riboside and is converted to NMN and NAD<sup>+</sup> through the action of the NAMPT (nicotinamide phosphoribosyltransferase) enzyme. This ability for NMN to be readily converted to NAD<sup>+</sup> is a veritable symphony in allowing us to regulate and maintain its levels as we age.

## Benefits of NMN Include

- Suppresses age-associated weight gain
- Enhance energy metabolism and physical activity
- Improve insulin sensitivity (Diabetes)
- Improve mitochondrial metabolism, preventing inflammation
- Preventing age-linked changes in gene expression
- Improvement in lipid profiles (CVD Prevention)
- Enhances apoptosis for cancer prevention
- Increases DNA repair capacities to promote cell health
- Prevents cell death and telomere attrition to help prolong the life of a normal health human cell
- Boosting energy levels by inducing energy-intensive enzymes and supporting energy production through ATP