



NAD+ (Nicotinamide Riboside)

Boost cellular energy and slow the aging process

Overall Effectiveness: 9/10 Impact on Mitochondria: 10/10

| Supplement Essentials | Usage Guidelines | Insights |
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| <p>Benefits:</p> <ul style="list-style-type: none"> Enhances mitochondrial function and energy production. Promotes healthy aging by supporting DNA repair and cellular resilience. Improves brain health and cognitive function. Supports cardiovascular health by improving blood vessel integrity. Strengthens immune system response. <p>Recommended Dose:</p> <ul style="list-style-type: none"> Standard dose: 250-500 mg daily, depending on age, activity level, and health goals. <p>Upper Limit:</p> <ul style="list-style-type: none"> Maximum safe dose: Up to 1,000 mg/day; higher doses should only be used under medical supervision. <p>Parts of the Human Anatomy That Benefit:</p> <ul style="list-style-type: none"> Mitochondria (cellular energy centers). Brain. Cardiovascular system. Skin. | <p>Time of Day to Take:</p> <ul style="list-style-type: none"> Morning, to align with natural energy cycles. <p>With or Without Food:</p> <ul style="list-style-type: none"> Can be taken with or without food, though taking with food may improve tolerance. <p>Solubility:</p> <ul style="list-style-type: none"> Water-soluble. <p>Bioavailability:</p> <ul style="list-style-type: none"> High bioavailability, especially in capsule or powder forms. <p>Interactions & Contraindications:</p> <ul style="list-style-type: none"> May interact with chemotherapy drugs or medications affecting DNA repair. Avoid if pregnant or breastfeeding without professional guidance. | <p>Target Audience:</p> <ul style="list-style-type: none"> Individuals seeking anti-aging benefits, energy support, or improved cognitive performance. <p>Side Effects:</p> <ul style="list-style-type: none"> Mild symptoms like nausea, fatigue, or flushing in some individuals. <p>Duration of Use:</p> <ul style="list-style-type: none"> Safe for long-term use; benefits often increase with consistent supplementation. <p>Cost and Accessibility:</p> <ul style="list-style-type: none"> Average price: \$40–\$100 for a 30-day supply, depending on dose and brand. Widely available online and in health stores. <p>Flavor or Texture:</p> <ul style="list-style-type: none"> Often available as capsules, powders, or lozenges with a neutral taste. |
| <p>Scientific Evidence:</p> <ul style="list-style-type: none"> Numerous studies highlight its role in boosting NAD+ levels, critical for cellular repair and longevity. <p>Sustainability and Ethics:</p> <ul style="list-style-type: none"> Increasing availability of sustainably sourced, vegan-friendly products. <p>Recent Research and Trends:</p> <ul style="list-style-type: none"> Growing use in biohacking and longevity protocols; often paired with sirtuin activators like resveratrol. | | |

Disclaimer: Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).