

NAD is a **naturally occurring** compound produced in our cells by way of biosynthesis. Without this vital molecule, our cells would not be capable of generating the energy necessary to sustain our lives.

## **Importance?**

NAD levels plummet as we age, hindering metabolic function, inhibiting DNA repair and rendering us more susceptible to age-related illnesses. Obesity, high blood pressure, heart disease and even neurodegeneration leading to cognitive impairment are all associated with low levels of NAD.

## **Benefits?**

Supplementation with this "miracle molecule" may help in the prevention of such terrible conditions by improving mitochondrial function within the cells and preventing their decay. This could possibly lead to increased energy, improved vitality, cognitive clarity and even extended lifespan.

