

# Nicotinamide Mononucleotide (NMN)



iHealth

# NMN is a natural substance

- It is a precursor to another substance called NAD<sup>+</sup> that is needed in every one of our cells.
- The quantity of NAD<sup>+</sup> in our body is reducing as we age 😞.
- When it is lacking, certain genes and thus body cells cannot function well.



# Discovery

- In 2017, Dr. David Sinclair, from the Harvard Medical School, the same scientist who discovered that Resveratrol can activate the SIRT1 anti-aging gene, announced his discovery and findings about NMN.
- NMN can increase the level of NAD<sup>+</sup> in the body and thus revive the functioning of our genes and our cells

# Food naturally high in NMN

1. Broccoli (0.25-1.12 mg per 100g)
2. Cabbage (0.00-0.90 mg per 100g)
3. Cucumber (Seed: 0.56 mg per 100g, Skin 0.65mg per 100g)
4. Edamame (0.47-1.88 mg per 100g)
5. Avocado (0.36-1.6 mg per 100g)
6. Tomato (0.26-0.3 mg per 100g)
7. Shrimp (0.22-0.3 mg per 100g)

But quantity is very minute and one needs to take tons of these to feel any difference.  
(eg. For someone weighing 70 kg, 30kg edamame or 60kg of broccoli daily consumption is needed)<sub>4</sub>



# NMN supplement – Test on mice

- Mice with DNA damage due to exposure to radiation or at an age equivalent to an 80 year old human
  - were fed NMN for one week
- After that, the mice
  - had muscle transformed into those of 20 year old
  - regrew a lustrous coat of fur
  - had improved kidney function
  - were able to run twice as fast

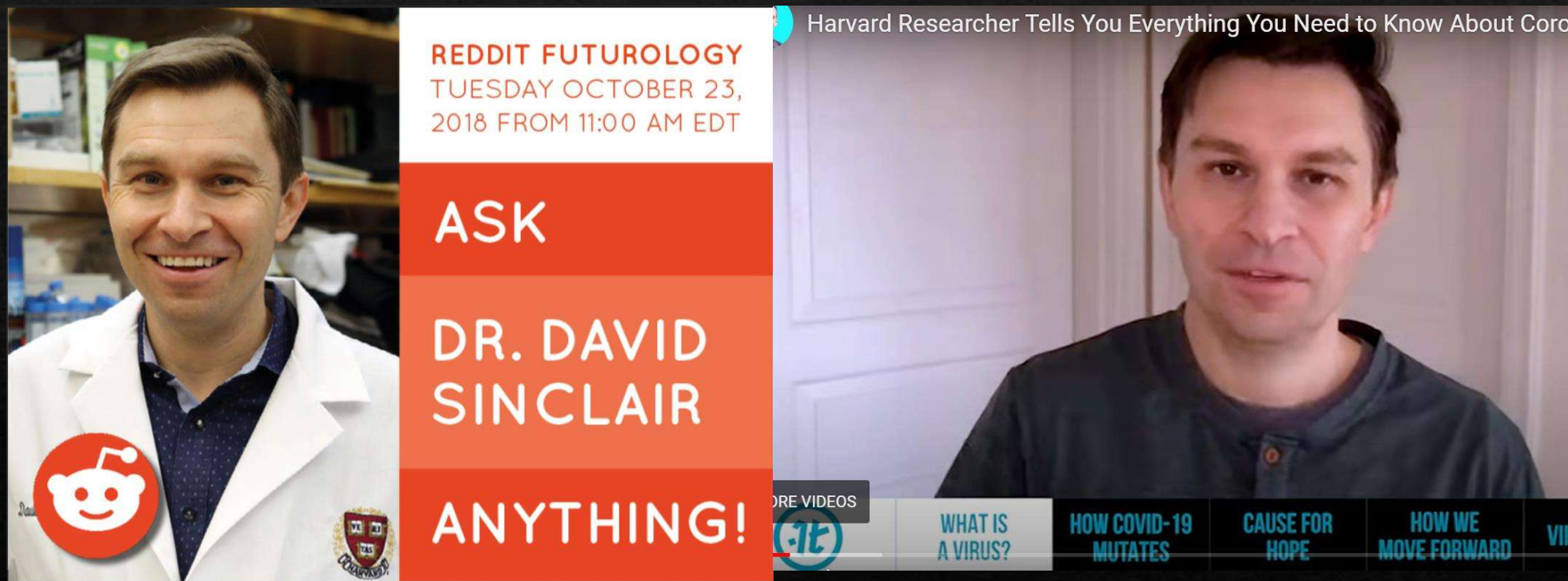


# NMN supplement – Test on human

- Dr. Sinclair and his dad take both resveratrol and NMN daily
- When he started taking it himself, he was 47, with a biological age of 58. After taking it for 3 months, the biological age was reversed to 32. That was a reversal of over 20 years!!



# David Sinclair - Oct 2018 vs. Apr 2020



# David Sinclair at his 50

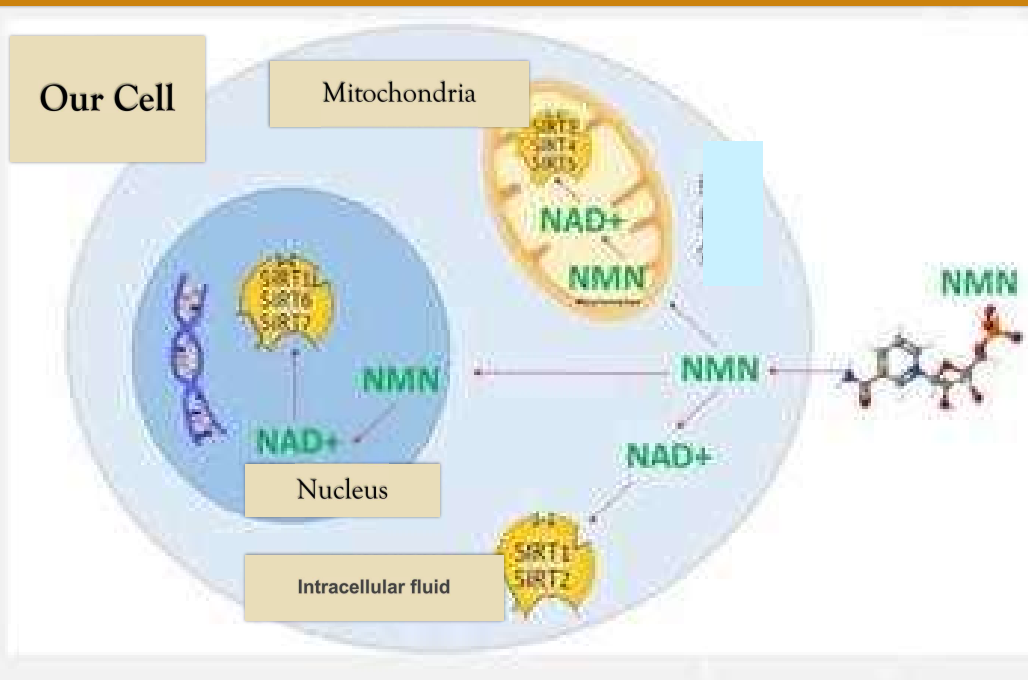




# Age related disease

- Heart Disease, Stroke, High Blood Pressure
- Cancer
- Type 2 Diabetes
- Parkinson's Disease, Dementia
- Osteoarthritis, Osteoporosis
- Cataracts
- Hearing Loss
- Obesity, & .....

# NMN can activate all 7 anti-aging genes



- ◆ SIRT1 - DNA repair and artery health
- ◆ SIRT2 - Reduce fat and oxidative stress
- ◆ SIRT3 - Longevity
- ◆ SIRT4 - Suppress tumor growth & support autophagy (destruction of damaged or redundant cellular components)
- ◆ SIRT5 - Reduce liver fat and oxidative stress
- ◆ SIRT6 - Regulate blood sugar and improve insulin sensitivity
- ◆ SIRT7 - Improve heart health



# Benefits of NMN Supplements

With better DNA repair and functioning of anti-aging genes

1. Lower body weight
2. Increased energy/better mitochondrial function
3. Less diabetes
4. Lower cholesterol and triglycerides
5. Less activation of aging genes
6. Improved eye sight
7. Increased bone density and muscle
8. Better immune system function, etc

# Fight against CoVid

## Dramatic Cytokine Storm Reversal with an Over the Counter NMN Cocktail

11 Pages • Posted: 22 Jun 2020

[Robert Huizenga](#)

Cedars Sinai Medical Center

Date Written: April 20, 2020

### Abstract

Oral nicotinamide mononucleotide (NMN) with boosters may naturally trigger anti-inflammation immune systems able to arrest and reverse cytokine storm. A COVID-19 positive case is described with a strong temporal relationship between NMN cocktail use and clinical improvement - more remarkably this case exhibits an unusually rapid and thorough clinical turnaround. Oral NMN with boosters deserve further study in COVID-19 associated cytokine storm.

**Note:** Funding: None to declare

Declaration of Interest: None to declare

**Keywords:** nicotinamide mononucleotide (NMN), cytokine storm, COVID-19, bilateral pneumonia, hypoxia

**Suggested Citation:**

Huizenga, Robert, Dramatic Cytokine Storm Reversal with an Over the Counter NMN Cocktail (April 20, 2020). Available at SSRN: <https://ssrn.com/abstract=3581388> or <http://dx.doi.org/10.2139/ssrn.3581388>



# Fight against CoVid

“Before putting her in intensive care, I gave it one last shot,” says Huizenga. Even after being released from Cedars a few days later, she continued the NMN cocktail. “He saved my life,” she says.

To read the full story :

[https://www.lamag.com/citythinkblo  
g/covid-treatment-innovation-  
doctors/](https://www.lamag.com/citythinkblog/covid-treatment-innovation-doctors/)

# NMN selection criteria

There are a lot of different brands on the market

## Suggested criteria

- Cost per dosage rather than per gram
- Purity
- Certification
- Where it is produced



# Recommendation



A company based in California with over 30 years of pharmaceutical background. Raw materials are from a group company in Germany.

# PDR.Net

(Prescribers' Digital Reference, formerly Physical Desk Reference)

## NMN Gene BALANCE

### Product Details

#### Gene BALANCE

NMN can improve health and longevity by serving as a precursor to NAD+. Optimal levels of NAD+ help maintain a healthy body, energy production, metabolism, and gene expression in the body.

- Supports Longevity
- Supports Immune System
- Promotes Energy Production and Endurance
- Promotes Metabolic Optimization
- Supports Heart Health
- Supports Cognitive Function

Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using.

#### Supplement Facts

Serving Size: 1 capsule  
Serving per Container: 30

	Amount/Serving	%DV*
NMN (99.8%) Grade I	75 mg	†
(β-Nicotinamide Mononucleotide)		



# Other Amazing Products



NMN Coffee



NMN Cream



Mint Mask



Collagen  
Booster



Sun  
Defence