

Leaflet: Nicotinamide Mononucleotide (NMN)

What is NMN?

Nicotinamide Mononucleotide (NMN) is a nucleotide derived from ribose and nicotinamide. NMN is a precursor to the essential molecule NAD⁺ (nicotinamide adenine dinucleotide), which plays an important role in energy production, DNA repair, and cellular metabolism in the body.

Usage

NMN supplements are used with the aim of increasing NAD⁺ levels in the body, which may contribute to improved energy, enhanced metabolism, and potentially slowed aging processes.

Taking NMN powder requires care to maximize effectiveness:

1. Mix the prescribed dose of NMN powder with lipids, such as full-fat yogurt or a teaspoon of olive oil.
2. Many people prefer taking NMN in the morning, though timing is not critical.
3. Take NMN regularly according to the recommendations of your healthcare professional.

Dosage

The optimal dosage of NMN may vary depending on individual factors such as age, weight, and health status. Studies have used dosages ranging from 250 mg to 500 mg per day. Start with a low dose and increase if necessary, as advised by a healthcare professional.

Possible Side Effects

NMN is generally considered safe, but some individuals may experience mild side effects such as stomach discomfort, nausea, headache, dizziness, and skin rash. These side effects are usually mild and temporary.

Interactions with Other Medications

There is limited information on the interaction of NMN with other medications. Consult a doctor before using NMN, especially if you are taking other medications.

Warnings

- Not recommended for pregnant or breastfeeding women.
- Individuals with certain health conditions (such as diabetes) should seek medical advice before use.
- Store in a cool, dry place out of reach of children.

How to Use

NMN can be taken orally, usually in the form of capsules or powder. Follow the recommended dosage on the product label or the advice of a healthcare professional.

Shelf Life

Check the packaging for the expiration date and do not use after this date for optimal effectiveness.

Disclaimer

This leaflet provides general information and does not replace the advice of a healthcare professional. Always consult a qualified healthcare provider before starting a new supplement.

This product is not intended to diagnose, treat, cure, or prevent any disease.