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DIRECTION FOR USE

On Average : 1 packet per day; Accelerated Health Care : 2 or more packets per day, the dosage can be increased according to your conditions.

There are no mandatory rules or requirements on when to take NMN, it can be taken before or after meals. It is recommended to take NMN in the morning on an empty stomach or in the afternoon (i.e. after 1pm), or after eating if you have stomach allergies or problems.

NMN is a powdered product, tear open the package and pour it on the underside of the tongue. **It is recommended to wait for NMN to dissolve completely before drinking water (warm water / normal water is fine), as it can be absorbed faster by the body through the blood vessels under the tongue.*

Note: According to the reaction of some people who take it, they will have symptoms of excessive excitement at night and difficulty in sleeping after taking it.

This could be due to the sudden increase of NAD+ in your body where it activates the function of your cells. Thus, your body will be in an energetic state. Therefore, for some people with sleep disorders, NMN should be avoided at night.

PRECAUTIONS

- NMN can be taken by people over 12 years of age, both men and women. However, children who are too young do not need to take it because they have high levels of NAD in their bodies and are not deficient in NMN.
- It can be taken during menstruation without suspension.
- Natural health products can be taken together with NMN, while medications should be taken 2 hours apart.
- It is recommended to drink coffee/alcohol 15 minutes after taking NMN.
- Vegetarians can take NMN because it belongs to the category of B vitamin derivatives and is a substance that is already in the human body.

CAN PREGNANT AND NURSING MOTHERS TAKE NMN?

Yes, NMN is naturally found in broccoli, cucumber and tomatoes, and even breast milk, but the amount of NMN in food is very small. However, since everyone's health condition is different, it is recommended that pregnant and breastfeeding mothers who are concerned about taking NMN should consult their doctor before taking it.

MAIN INGREDIENTS

NICOTINAMIDE MONONUCLEOTIDE (NMN)

Japan import ≥99% purity patented NMN
Each packet contains 200mg of active NMN
No preservatives

CAVAMAX®

Cavamax can help reduce or prevent gastrointestinal irritation and is anti-diabetic.

PURECIRCLE® SG95

Stevioside is a natural sweetener extracted from stevia. Stevia has low calorie, good taste quality, stability, and is naturally sweet with sweetness extracted from plants, which is safe and non-toxic to human body, and also has the functions of lowering blood pressure, promoting metabolism, and treating excessive stomach acid, etc. It also has certain auxiliary effects on patients with obesity, diabetes, cardiovascular disease, hypertension, arteriosclerosis, and dental caries. It is not involved in human metabolism, so it is very suitable for patients with diabetes, obesity and arteriosclerosis.



LIFEXT NMN

★ PATENTED NMN IN JAPAN ★

PEACH POWDER WITH FIBRE

• Activating Youth • Reversing The Symptoms Of Aging
• Improve Bone Density • Anti-Diabetes
• Protecting The Heart Cardiovascular

IS IT POSSIBLE TO REVERSE THE AGING PROCESS?

A young person eats every day and despite the lack of nutrients, he/she would still live healthily. This may be due to the cells self-regulating in your body when you are young, making up for the lack of nutrients.

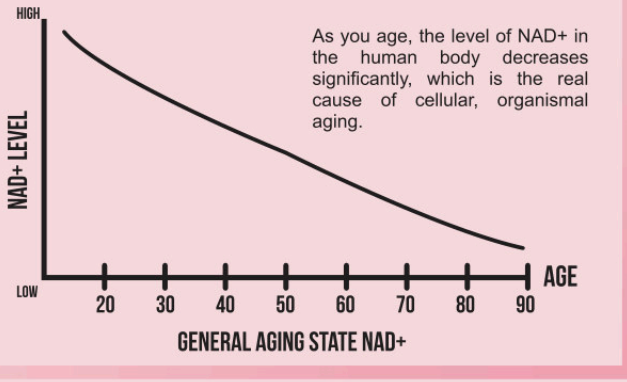
When the body starts to show signs of weakness, be it fatigue during the day or a poor sleep at night, these signs implies that your cells are aging. If left neglected, these could spell trouble to your health.

WHAT IS NMN?

NMN (Nicotinamide mononucleotide)
In the human body, NMN is a naturally occurring nucleotide with a biologically active function. NMN comes in two forms, α and β. The β-configuration is the active form of NMN. Nicotinamide belongs to vitamin B3, but its effects are much more than just a vitamin B3. NMN belongs to the group of B vitamin derivatives and is widely involved in many biochemical reactions in the human body such as immunity and metabolism.

SO WHY IS NMN SO IMPORTANT TO THE BODY? HOW DOES IT PLAY A ROLE IN REACTIVATING YOUR YOUTH AND PREVENTING AGE-RELATED DISEASES? HOW ARE NMN AND NAD+ RELATED?

NMN is a substance that is already present in the human body, and in the human body, NMN is the most direct precursor of NAD+ in human body, and the function of NMN is reflected by NAD+. NAD+, also called coenzyme, is involved in thousands of reactions in every cell and plays a very important role in keeping the cells alive. This means that NMN deficiency and NAD decline are the main causes of aging and chronic diseases.



As you age, the level of NAD+ in the human body decreases significantly, which is the real cause of cellular, organismal aging.

As we age, the lack of NMN and the accelerated decline of NAD+ level will lead to degenerative symptoms and chronic diseases such as hair loss, forgetfulness, muscle degeneration, brain weakness, immune deficiency, metabolic disorders, etc. However, scientists have found that NAD+ cannot be supplemented directly because the molecular weight is too large. Thus, consuming NMN supplementation to synthesize and rapidly increase the level of NAD+ in the body is recommended. Numerous studies have shown that increasing NAD+ levels can significantly improve multi-organ function such as liver function, kidney function, heart function and skeletal muscle function. It could also delay aging, improve sleep quality, and boost your immunity.

Therefore, supplementation with LIFEXT NMN is the secret to reactivating your youth and reverse aging as you maintain a long and healthy life!

ACTIVATING YOUTH SAVIORS
LIFEXT NMN NUTRITIONAL SUPPLEMENTS



The unique formula of β-NMN active material imported from Japan. It is important to know that there are two types of NMN, one is alpha type and the other is beta type. β-NMN is an active NMN, which can be absorbed and converted into NAD+ in the body.

β-NMN is an active NMN, which can be absorbed and converted into NAD+ in the body. The purity of β-NMN is based on the NAD+ biosynthesis pathway in human. The purity of NMN is more than 99% which is an excellent bio-conversion rate as its purity determines the body absorption rate and utilization of the supplements.

LIFEXT NMN MAIN EFFICACY

ANTI-AGING ACTIVATE YOUTH

In January 2021, the Institute of Medicine released the results of a human clinical trial, showing that more than 10 subjects being subjected to a 3-month trial. The results after 30 days showed that the subjects appear 7 years younger than their actual age. NMN supplementation was confirmed to be highly effective in delaying the symptoms of aging and restoring youthfulness.

PREVENTION OF VARIOUS GERIATRIC DISEASES AND PROTECTION OF VISION

On February 19, 2019, Shinkowa Japan released a clinical report on the benefits of a 24-week oral NMN in humans. The trial reported that longevity proteins were increased after long-term oral NMN administration in humans. There were no side effects, and it is assumed that various age-related diseases (e.g., common diseases of the elderly, cancer and dementia) can be improved or fully cured.

LENGTHENS AND MAINTAINS TELOMERE LENGTH

Lengthening telomeres can slow down the rate of aging. On November 29 2021, the Tianjin Institute of Industrial Biotechnology, Chinese Academy of Sciences, published a thesis in Frontiers on Nutrition confirming that taking NMN extends telomere length in middle-aged men where there were nearly 1-fold of increase in telomere length observed in human volunteers after 90 days of taking NMN.

REPAIR CELL DNA / REPAIR OF CELLULAR DNA

Characteristics of aging include DNA damage, scientists published in the scientific journal, NAD+ initiates DNA repair enzyme PARP to repair cellular and intracellular DNA and address the root cause of the disease, confirming that NMN directly affects self-healing and regeneration on a cellular level.

PROMOTES STEM CELL FUNCTION

A research paper published in 2019 in the Nature sub journal showed that NMN assists in activating stem cells in the body such as :

A. Improving the function of mitochondria and stem cells to return youthful vitality to all body functions and prolong life span
B. Regulates mesenchymal stromal cells in aged bone marrow, thereby promoting osteogenesis and reducing adipogenesis.
C. Increase hematopoietic stem cell activity to accelerate hematopoiesis
D. Delay the aging of bone marrow mesenchymal stem cells
E. Rejuvenate aging adult intestinal stem cells

REVERSE MUSCLE AGING AND PROTECT AGAINST RADIATION

NASA has awarded the discovery team the Dr. David Sinclair iTech Award for this product that can be used to improve muscle atrophy in astronauts (who lack exercise due to weightlessness) while protecting them from radiation.

CEREBROVASCULAR PROTECTIVE EFFECT

NMN has significant cerebrovascular protective effects and is able to treat / prevent neurovascular dysfunction and cognitive impairment (Alzheimer's disease, etc.) in elderly patients.

HELPS IN PREGNANCY

An enzyme that mediates NAD+ synthesis, NMNAT2 enzyme, by which NAD+ synthesis is protective of senescent oocytes, Dr. David Sinclair also mentioned that NMN also rejuvenates senescent oocytes, helping to improve fertility preparedness in women of advanced age.

IMPROVE MALE SEXUAL FUNCTION

Boosts sex hormones to improve sexual function, enhances the kidney function, restores energy and stamina.

ANTI-DIABETES

As we age, insulin resistance increases and glucose tolerance decreases. NMN improves the defective NAD+ biosynthesis in glucose metabolism and increases hepatic insulin sensitivity.
NAD+-dependent protein deacetylases act as metabolic sensors and regulate downstream pathways to restore mitochondrial function and insulin sensitivity [14]. Yoshino (2011) showed that daily intake of NMN at 500 mg/kg body weight improved impaired glucose tolerance in diabetic mice. [3]

REVASCULARIZATION

The study found that the number and density of capillaries were almost the same in aged mice with NMN as in young mice, and that muscle endurance could reach 80%.

REVERSING VASCULAR AGING

Reversal of microRNA (miRNA) levels in aging blood vessels in mice results in rejuvenation of blood vessels and resistance to atherosclerosis.

INCREASE BASAL METABOLISM

Studies have shown that NMN can increase NAD+ levels, enhance cellular vitality, and improve the body's metabolic capacity as if you were exercising while effectively preventing hypertension, hyperlipidemia and hyperglycemia.

ENHANCES MUSCLE FUNCTION AND MOBILITY

The University of Tokyo published a paper in Research Square on 2021/06/09 showing that oral administration of 250 mg of NMN daily to men over 65 years of age significantly increased their NAD+ levels and improved their muscle performance and exercise capacity.

PREVENTING SKIN PHOTOAGING

On June 12, 2021, a study published in the Journal of Photochemistry and Photobiology by the laboratory of DHC Corporation in Japan concluded that NMN protects skin cells from UV damage and prevents skin photoaging.

BOOSTS IMMUNITY AND FIGHTS VIRUSES AND CANCER

Published on September 27, 2021 in Biomedical Research, NMN effectively boosts the activity of immune cells NK cells, increasing the cells' ability to naturally kill cancer cells without increasing the number of NK immune cells and boosting immunity to fight and prevent viral infections and cancer.

PREVENTION AND IMPROVEMENT OF COVID-19 VIRUS SEQUELAE

NMN has been scientifically and clinically proven to boost immunity and help improve symptoms in people infected with COVID-19 virus, and increasing NAD+ levels can enhance the immune response to COVID-19 infection.

ANTI-ALCOHOL AND LIVER CARE

NMN is effective in the treatment of alcoholic fatty liver by increasing hepatic NAD+ levels, preventing ethanol-induced increases in ALT and AST through Atf3 and Erk1/2 signaling, and altering the expression of 25% of the genes regulated by ethanol metabolism.

IMPROVE SLEEP AND DEPRESSIVE BEHAVIOR

1. NMN enhances the activity of NAD+ synthesis rate-limiting enzyme NAMPT and improves sleep. In two papers published in the Journal of Molecular Cell in 2020, NAD+ supplementation rejuvenates the biological clock and restores normal circadian rhythms through the SIRT1 dependence of core clock proteins and through PER2 nuclear translocation, which can adjust sleep in the elderly to a young adult state.

2. Taking NMN can increase the content of NAD+ in the body, the increase of NAD+ is good for improving the energy level of nerve cells, which can improve the vitality of dopamine cells, which is good for relieving the situation of reduced dopamine secretion and is good for improving depressive behavior and mood.

NMN EFFICACY STATISTICS:

1. 80% increase in heart contraction capacity
2. 85% lower cholesterol
3. 84% increase in bone density
4. 81% increase in exercise endurance
5. 71% increase in wound healing ability
6. 83% increase in resistance to general diseases
7. 72% reduction in fat
8. 71% increase in skin elasticity
9. 71% increase in fairness of skin
10. 68% increase in skin thickness
11. 61% disappearance of wrinkles
12. 38% new hair growth
13. 70% increase in sexual function
14. Nocturia reduced by 57%
15. 58% reduction in hot flashes
16. Regular menstruation increased by 39%
17. 67% increase in emotional stability
18. 62% increase in memory
19. 84% increase in energy

Scientists used NMN continuously for 800 people for an average of 180 days (about half a year). The results of the analysis are shown in the table. Percentages indicate the percentage of people who improved.