

# Benefits of NMN

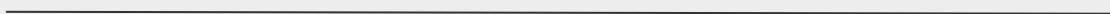
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Monday July 31, 2023

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**Did you know the importance of  
NMN benefits?  
Discover them**



# 5 benefits of NMN

## Promotes longevity

As we age, NMN levels seem to drop, and therefore any function in our bodies that is supported by NAD<sup>+</sup> may not work as well. By taking a supplement of NMN, an essential coenzyme involved in various cellular processes, increasing NAD<sup>+</sup> levels can help combat age-related decline.

## Improved physical and metabolic health

NMN supplementation leads to significantly improved glucose tolerance, improved NAD<sup>+</sup> concentrations, and better insulin sensitivity and lipid profiles, all of which are important risk factors for impaired metabolic health.

## Increases energy levels

It helps promote energy in people young and old, this seems to indicate that NMN works and promotes energy metabolism and allows us to get more energy from the food we eat.

## Helps sleep quality

This means that by taking the NMN supplement during the day we will have higher levels of nicotinamide at night when activity subsides. What it means is that due to a lower synthesis of NMN.

## Supports cognitive function

In addition to its anti-aging effects, studies have shown that it supports cognitive function. NMN supplementation may lead to improved memory, cognitive fitness, and increased mental clarity due to the promotion of healthy brain cell metabolism.



*"A principios del próximo siglo, se puede decir que una persona que tiene 122 años el día de su muerte ha vivido una vida plena, aunque no especialmente larga".*

*-David Sinclair*