

Nicotinamide Mononucleotide (NMN) is a direct precursor to NAD<sup>+</sup> that may be more bioavailable than NAD<sup>+</sup> on its own. NAD<sup>+</sup> levels decrease as one ages and may lead to lower energy levels, weight gain, DNA breakdown, as well as other signs of aging. Supplementing with NAD<sup>+</sup> supports longevity by supporting NAD<sup>+</sup> levels.\*

**Suggested Use:** As a dietary supplement to support longevity, take 1 gram per day divided into 4-6 separate doses taken 2-3 hours apart. (This will ensure consistently elevated NAD<sup>+</sup> levels throughout the entire day.)

**Storage:** Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# NMN

## NICOTINAMIDE MONONUCLEOTIDE

- \* Supports Healthy Aging and NAD<sup>+</sup> Production
- \* Supports Energy Metabolism and Healthy Brain Function

**30 Grams (1.06 oz.)**  
**Dietary Supplement**

### Supplement Facts

**Serving Size: 1 gram (Approx. 1/5 teaspoon)**  
**Servings Per Container: 30**

| Amount per Serving                | % Daily Value |   |
|-----------------------------------|---------------|---|
| NMN (Nicotinamide Mononucleotide) | 1 g           | † |

† Daily Value not established

**Other Ingredients:** None

**WARNING:** Consult your physician before use if you are taking any medications. Do not use NMN if you are pregnant, nursing, or are under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take NMN and operate heavy machinery. Keep out of reach of children. Do not exceed 2 grams per day.

**Manufactured for:**  
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