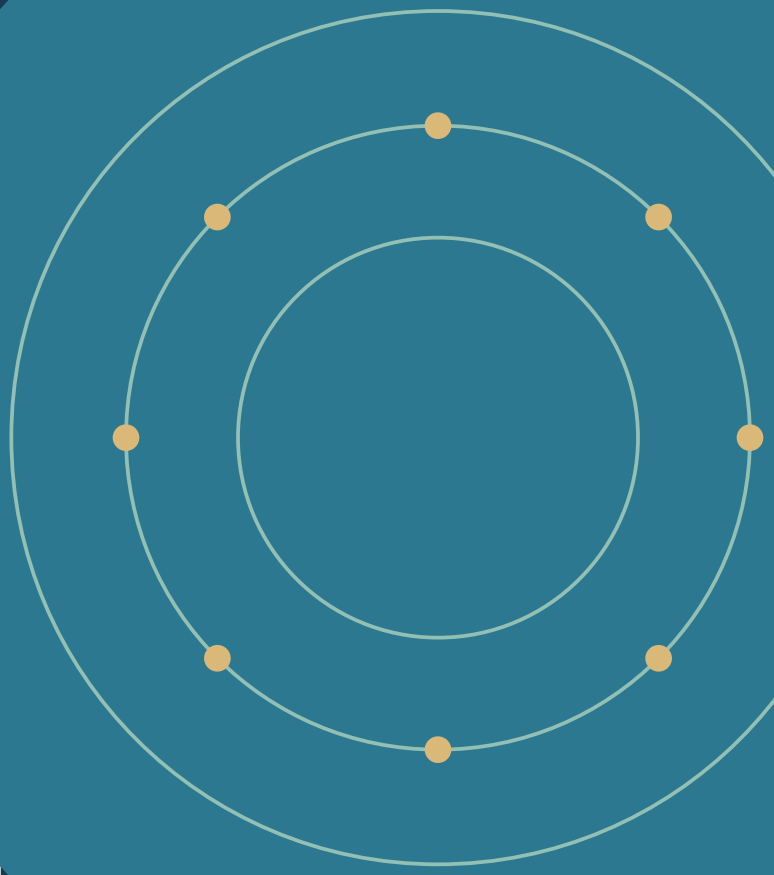
HEALTHY AGING WELL



NAD+

MADE SIMPLE

A friendly guide to cellular energy, healthy aging, and what science really says about supplements.

UNDERSTAND YOUR CELLS. MAKE INFORMED CHOICES.

A free educational guide | November 2026

01 / THE BASICS

What exactly is NAD+?

The name sounds complicated. The idea does not have to be.

NAD+ (nicotinamide adenine dinucleotide) is a tiny helper molecule found inside your cells. Your body needs it to turn food into usable energy and to support many everyday cell processes.

Picture a busy delivery service

Food provides materials your cells can use. NAD+ helps carry tiny charged particles called electrons through the steps that make cellular energy.

The simple version

- Your cells need energy to work.
- NAD+ helps move electrons during energy production.
- Cells use the energy they make for movement, thinking, and basic life functions.

Important: NAD+ is not caffeine, and it is not a battery you can simply refill by swallowing a pill.

02 / INSIDE YOUR CELLS

A tiny energy team

A simplified picture of how your body makes usable energy.

1

FOOD

Nutrients enter the process

>

2

NAD+ / NADH

Electrons are carried

>

3

MITOCHONDRIA

Cells make ATP energy

NAD+ also supports cell maintenance

Some proteins involved in DNA repair and cell regulation use NAD+. Think of these proteins as a maintenance crew that needs the right tools to do its work.

One useful distinction

ATP is the immediate energy your cells spend. NAD+ helps the chemical processes that produce ATP. They are not the same thing.

03 / NAD+ AND AGING

What changes with age?

Researchers are studying how NAD+ varies across tissues and over time.

Some studies have found lower NAD+ levels in certain tissues of older adults. But there is no single proven percentage that applies to everyone at age 50, 60, or 70.

Aging is a big puzzle

Sleep, health conditions, activity, nutrition, medications, and many other factors can affect how we feel. NAD+ is one interesting piece, not a complete explanation.

What this does NOT prove

- Low NAD+ is the reason you feel tired.
- Raising NAD+ will make you feel younger.
- An NAD+ supplement will slow aging or extend human lifespan.

Bottom line: NAD+ is essential to cells. That fact alone does not show that taking extra NAD+ will improve health.

04 / EVERYDAY SUPPORT

Healthy habits come first

Practical choices with benefits beyond any single molecule.

MOVE OFTEN

Walk, climb stairs, dance, or do activities you enjoy. Add strength training as you are able.

PROTECT SLEEP

Keep a regular sleep schedule and make your bedroom comfortable and dark.

EAT A VARIETY

Foods containing vitamin B3 include poultry, fish, peanuts, mushrooms, and fortified grains.

MAKE IT SUSTAINABLE

Small, repeatable changes are usually easier to keep than a strict reset or fasting challenge.

Try this week: Pick one habit, such as a 15-minute walk after dinner or a consistent bedtime. Notice how you feel without expecting an instant NAD+ boost.

05 / SUPPLEMENT BASICS

NAD+, NR, NMN: different things

The ingredient and the delivery method are two separate questions.

NAD+	The molecule your cells already use. Benefits of oral NAD+ supplements are not established.
NR	Nicotinamide riboside; a building block the body can use to make NAD+. Studied in humans.
NMN	Nicotinamide mononucleotide; another NAD+ building block studied in humans.
Liposomal	A way to package an ingredient in tiny fat-based particles. Not a separate type of NAD+.

Key point: A supplement raising NAD+ measured in blood does not automatically mean it improves fatigue, memory, muscle strength, or lifespan.

06 / READING THE RESEARCH

What science says today

Separate established biology from possible benefits.

WE KNOW

NAD+ is essential for normal cell function. Some NR and NMN studies show increases in NAD+ measured in blood or related samples.

WE ARE INVESTIGATING

Whether changing NAD+ levels improves particular health outcomes in people, and which individuals might benefit.

WE DO NOT YET KNOW

Whether NAD+ supplements reliably increase everyday energy, slow human aging, prevent disease, or extend human life. Long-term safety data are limited.

Results can differ depending on the exact ingredient, dose, study population, and what researchers measured. Look for well-designed human trials rather than testimonials alone.

07 / BUYING CAREFULLY

What about delivery methods?

More expensive or more invasive does not automatically mean better.

STANDARD CAPSULES

Easy to take, but absorption depends on the ingredient and formulation.

LIPOSOMAL PRODUCTS

Designed to change how an ingredient is delivered. Superior health outcomes have not been established for NAD+ supplements.

UNDER-THE-TONGUE

Some ingredients may be absorbed through the mouth; meaningful advantages depend on the specific product.

IVs AND INJECTIONS

Medical procedures with risks such as infection and infusion reactions. They are not proven anti-aging treatments.

Before starting: Ask a qualified clinician about medication interactions, health conditions, and the limited long-term evidence.

08 / QUICK ANSWERS

Frequently asked questions

Short answers to the questions people ask most.

Is NAD+ already in my body?

Yes. Your cells naturally make and recycle it.

Is it the same as vitamin B3?

No. Your body uses forms of vitamin B3 to help make NAD+.

Is NAD+ like caffeine?

No. It participates in cell chemistry; it is not a stimulant.

Does NAD+ fall as we age?

It can be lower in some tissues, but changes vary.

Can foods help?

A varied diet supplies nutrients, including vitamin B3, needed for normal metabolism.

Do supplements reverse aging?

No convincing human evidence shows that they do.

When will I feel a difference?

There is no reliable, proven timeline or guaranteed noticeable effect.

Are supplements safe for everyone?

No. Safety depends on the product, dose, and individual health circumstances.

09 / TAKEAWAYS

Healthy aging, made simple

Keep the science in perspective and focus on what you can control.

- NAD+ is an essential helper molecule, not a miracle treatment.
- A blood test showing higher NAD+ does not guarantee a health benefit.
- Movement, sleep, and balanced meals remain worthwhile foundations.
- If you are considering supplements, discuss them with a healthcare professional.

A message from Healthy Aging Well

Healthy aging is not about turning back the clock. It is about learning how your body works and making informed choices for the years ahead.

Further reading and research starting points

NIH Office of Dietary Supplements: Niacin

PubMed: human NR clinical trials

PubMed: human NMN clinical trials

Educational disclaimer: This guide is not medical advice. Research on NAD+ supplementation continues to evolve. No product or outcome is guaranteed. Consult a qualified healthcare professional before beginning a supplement, especially if you have a medical condition or take medication.