

NAD+ AND ALL-DAY ENERGY

Whenever the topic of energy or healthy aging comes up, NAD+ is the center of conversation. NAD+ stands for nicotinamide adenine dinucleotide, the key signaling molecule and coenzyme responsible for healthy aging. Found in every cell in the body, NAD+ is

essential for energy generation, DNA repair, healthy cell signaling, regulating metabolism, and circadian rhythm. Pretty amazing, right?

How Does it Sync with Sirtuins?

NAD+ supports a family of seven proteins called sirtuins. Known as “longevity genes,” sirtuins regulate the processes necessary for metabolism, stress resilience, and immune health. They’re also responsible for cellular cleanup.

NAD+ levels naturally decline over time, affecting how you age and what kind of cellular energy you can maintain. And because sirtuins can only function in the presence of NAD+, sirtuin activity can decline as NAD+ levels fall.

Supplementation to Aid Cellular NAD+

Supplementation with NAD+ or NAD+ precursor compounds has become popular in regenerative health practices and biohacking circles. Replenishing cellular NAD+ may offer a host of beneficial behind-the-scenes effects including better cell signaling and DNA repair. It can also support better-functioning mitochondria, the tiny organelles in your cells responsible for energy production.



NAD+ Benefits

Stamina: Low or declining NAD+ levels can lead to mitochondrial dysfunction, loss of DNA integrity, poor cell signaling, and accelerated aging. Healthy amounts of cellular NAD+ supports energy production and mitochondrial health. You may feel you no longer need to have a mid-afternoon nap or that third cup of coffee. Or at the end of a busy day, you may have surplus energy for a date night or a marathon Monopoly game with the kids!



Physical Energy: Energy metabolism is necessary for every physical activity. As NAD+ increases in the body so does ATP, your body's energy-carrying molecule. This may show up as fresh motivation to exercise or as more endurance to finish a home project or kick start a new one. An added benefit to physical energy: Both aerobic and resistance exercise have been shown to support NAD+ levels naturally.

Mental Clarity: NAD+ supports energy within your brain cells, but also helps stimulate the production of feel-good neurotransmitters, dopamine and serotonin. With increasing mental clarity, memory, and focus, you may feel the motivation to get an edge up at work, tackle a new book you have wanted to read, or try some doubly beneficial [brain games](#).



Whether it's brain or body power, NAD+ is driving the changes you're seeing. Embrace the energy! It's time to elevate.

References

<https://www.quicksilverscientific.com/nadplatinumreferences/>