

“How NAD Supports Energy and Healthy Aging”

By UnconventionallyWise.com

What NAD Does in the Body

- Supports energy production
- Helps repair DNA
- Plays a role in inflammation control
- Supports overall cellular health
- Declines naturally with age which may reduce energy and repair capacity

Why NAD Matters for Healthy Aging

- May support better metabolic function
- May help cells repair damage more effectively
- May contribute to healthier aging and longer healthspan
- Focus is on maintaining good function rather than extending lifespan

How to Support NAD Levels

Supplements (Precursors)

- NR, known as Nicotinamide Riboside, helps raise NAD levels in older adults
- NMN, known as Nicotinamide Mononucleotide, may improve insulin sensitivity
- Some studies suggest modest benefits for cholesterol and inflammation
- Research is early and results are not yet consistent
- Supplements are widely available but not regulated by the FDA

Natural Methods

- Regular exercise
- Intermittent fasting or calorie restriction
- Avoiding smoking
- Managing chronic stress

Industry Trends and Cautions

- NAD IV drips are popular in wellness centers and among celebrities
- They are costly and not supported by strong clinical evidence
- Claims around fast or dramatic results are not backed by long term studies

Bottom Line

- NAD precursors and treatments show potential
- Evidence is still developing
- Diet, movement, and stress management remain the most reliable strategies
- Supplements may help support healthy aging but cannot replace daily habits

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