



Nicotinamide Riboside (NR) is a nucleoside made out of niacinamide and ribose. It is a form of Vitamin B3 and is a precursor to nicotinamide adenine dinucleotide which means it is needed to make NAD<sup>+</sup>, increased NAD<sup>+</sup> then activates the following enzymes.

- *Sirtuins, a potential anti-aging target*
- *PARPs, which may repair damaged DNA*
- *CD38, a receptor in the immune system which is involved in glucose-induced insulin secretion*

Because Sirt1 activates PGC-1alpha, scientists are investigating if NR supplementation stimulates mitochondrial biogenesis and improves mitochondrial health. Scientists have explored its effects on generating energy in mitochondrial-dense tissues like muscle, brain, and liver.

## Benefits

- Stimulates NAD<sup>+</sup> Metabolism
- Improves Exercise Performance
- Boosts Cognitive Health

### Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule  
Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving / par portion
Coenzyme Q10 Ubiquinone (microorganism) / Coenzyme Q10 Ubiquinone (microorganisme)	400 mg
Nicotinamide Riboside / Nicotinamide Riboside	300 mg

**Non-Medicinal Ingredients:** Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

**Ingrédients non médicinaux :** Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

**Recommended Use:** Take 1 capsule of **NICOTINAMIDE RIBOSIDE** daily.

**Utilisation recommandée :** Prendre une portion de **NICOTINAMIDE RIBOSIDE** par jour.

**Risk Information:** Consult a health care practitioner prior to use if you are pregnant or breast feeding. Consult a health care practitioner before using this product.

**Informations sur les risques :** Consulter un professionnel de la santé avant d'utiliser si vous êtes enceinte ou allaitez. Consulter un professionnel de la santé avant d'utiliser ce produit.

**Nicotinamide Riboside 300mg 30 Caps 87084700102-3**