# Article information:

Uthever NMN Does Not Boost NAD+ or Improve Physical Endurance in Middle-Aged and Elderly Adults
<https://www.nmn.com/news/uthever-nmn-nad-endurance>

# Article summary:

1. A study found that taking 300 mg/day of Uthever NMN for 60 days did not significantly increase blood NAD+ levels or improve physical performance in middle-aged and elderly adults.

2. The lack of significant findings could be due to the dosage and duration of treatment, as well as the possibility that Uthever NMN is not as effective as other brands at boosting NAD+ levels.

3. Future clinical trials should compare NMN brands and doses to determine which ones are most effective in enhancing physical function.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article reports on a study that investigated the effects of Uthever NMN on blood NAD+ levels, physical endurance, and blood pressure in middle-aged and elderly adults. The study found that taking 300 mg/day of Uthever NMN for 60 days did not significantly increase blood NAD+ levels or improve physical endurance. However, the study did not find any adverse changes to blood pressure.

The article provides a balanced report of the study's findings and limitations. It acknowledges that previous clinical trials have shown positive effects of NMN on health parameters like insulin sensitivity but notes that questions remain about the most effective dose and duration of treatment. The article also highlights potential biases in the study, such as the short treatment duration and small sample size.

One limitation of the article is that it does not provide a detailed discussion of the potential risks associated with taking NMN supplements. While the study did not find any adverse changes to blood pressure, other studies have suggested that high doses of NMN may have negative effects on liver function and glucose metabolism.

Overall, the article provides a useful summary of the study's findings but could benefit from more in-depth analysis and discussion of potential risks associated with taking NMN supplements.

# Topics for further research:

* Risks of high doses of NMN supplements
* Long-term effects of NMN supplementation
* Optimal dosage and duration of NMN treatment
* NMN's effects on liver function
* NMN's effects on glucose metabolism
* Clinical trials investigating NMN's health benefits

# Report location:

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