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# Research advances in the function and anti-aging effects of nicotinamide mononucleotide

**Keywords:** Nicotinamide mononucleotide (NMN); Anti-aging; Energy metabolism; Apoptosis; DNA repair

# ***Research Summary***

**This review mainly focused on the anti-aging mechanism of NMN, and the main aspects of the anti-aging mechanism of NMN were summarized:**

- **Regulate Energy Metabolism**
- **Regulate Immune Function**
- **Regulate Mitochondrial Function**
- **Repair DNA Damage**
- **Regulation Aging-related Signaling Pathways Modulate Apoptosis**

# Innovation points

- **Introduction** of the synthesis and consumption of nmn.
- **Summary** of the specific mechanisms and processes of NMN anti-aging, including energy metabolism, immune function, DNA damage and cell apoptosis.
- **Emphasis** of the great potential of NMN in anti-aging

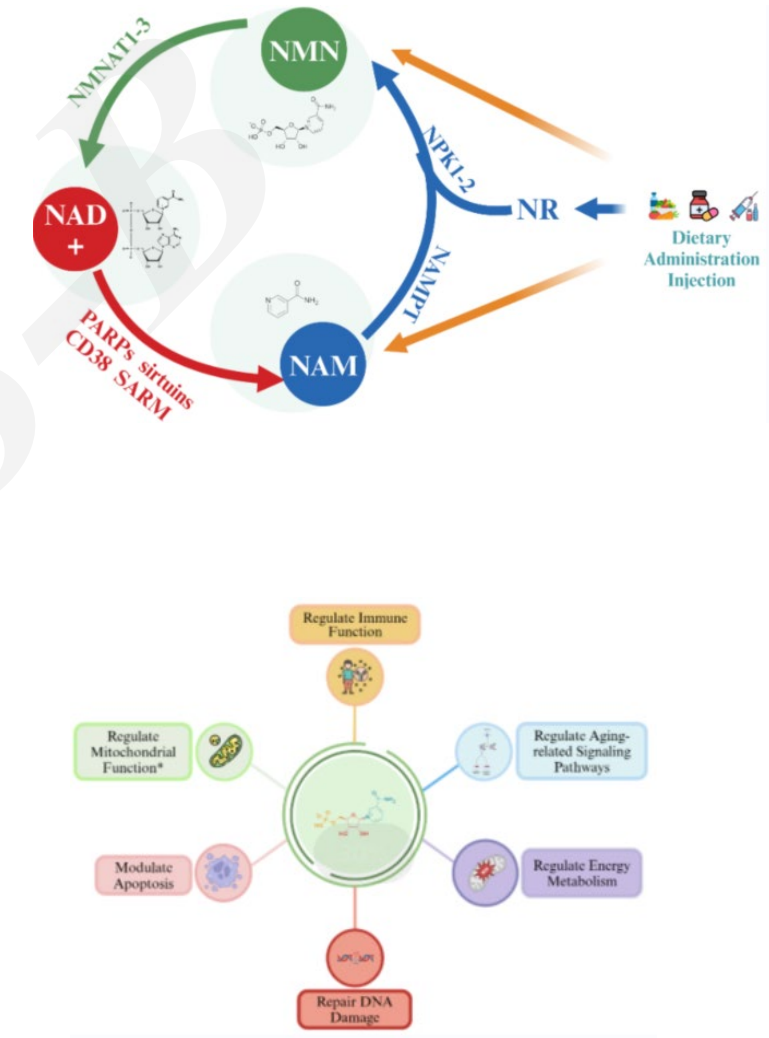


Figure 4

# ***Innovation points***

**The brief signaling pathway of NMN anti-aging mechanism was mapped and the results of a series of NMN-related experiments were summarized**

**Fig. 1 | Biosynthesis and depletion processes of NMN.**

**Fig. 2 | Mechanism of NMN anti-aging.**

**Fig. 3 | Signal pathway of NMN's anti-aging effect.**

**Table 1 | Effect of NMN in different doses and different target organs.**