Cite this as: Min WANG, Yuan CAO, Yun LI, Lu WANG, Yuyan LIU, Zihui DENG, Lianrong ZHU, Hongjun KANG. Research advances in the function and anti-aging effects of nicotinamide mononucleotide[J]. Journal of Zhejiang University Science B, 2024, 25(9): 723-735.
http://doi.org/10.1631/jzus.B2300886

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**

  PathwaysModulate Apoptosis

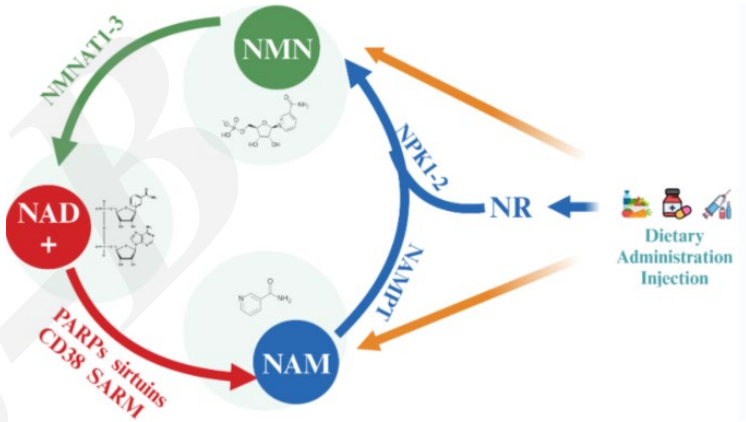
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Innovation points

- **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



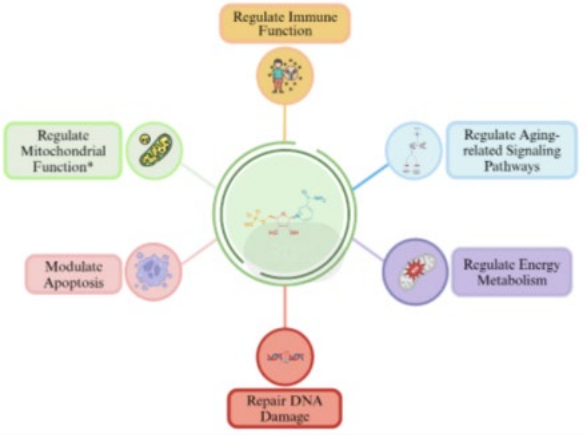


Figure 4

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.

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