

DeCodNAD+

β-Nicotinamide Mono-Nucleotide, Trans- Resveratrol, Pantothenic acid (Vitamin B5), Riboflavin (Vitamin B2) & Zinc

Read all of this leaflet carefully before you start taking this formulation because it contains important information for you.

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet

1. What DeCodNAD+ is and what it is used for
2. What you need to know before you take DeCodNAD+
3. How to take DeCodNAD+
4. Possible side effects
5. How to store DeCodNAD+
6. Contents of the pack and other Information

1. What DeCodNAD+ is and what it is used for

Decod NAD+ is an innovative blend of Zinc, which contributes to the promotion of normal DNA synthesis, as well as Vitamin B5 & B2, which actively protect DNA, proteins, and lipids in the human body from oxidative stress. Decod NAD+ having Nicotinamide Mono-Nucleotide (NMN), a molecule known for its role in various biological processes. NMN is a coenzyme essential in a multitude of metabolic pathways.

Decod NAD+ enhances the absorption to boost NAD+ levels & assist anti-ageing:

- contributes to normal energy-yielding metabolism
- contributes to the reduction of tiredness and fatigue
- contributes to normal functioning of the nervous system
- contributes to normal psychological function
- contributes to the maintenance of normal mucous membranes
- contributes to the maintenance of normal skin.

Uses: DeCodNAD+ is used as powerful antioxidant to protect the cells, slow the aging process, including improved longevity, protective effects on brain function, and stronger, healthier muscles.

2. What you need to know before you take DeCodNAD+**Do not take DeCodNAD+:**

- if you are allergic to any of the ingredients in the formulation (listed in section 6).

Warnings and precautions

Visit your doctor to rule out any underlying conditions.

If you are taking other medication, you should consult your doctor before taking DeCodNAD+.

You must talk to your doctor or pharmacist if you feel worse during use of this product, or if your symptoms do not improve.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and DeCodNAD+

- Do not take this product if you are taking barbiturates or benzodiazepines (used as tranquilizers).
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including health supplements such as DeCodNAD+.

Pregnancy and breast-feeding

Do not take this product if you are pregnant or breast-feeding.

Driving and using machines

- This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

3. How to take DeCodNAD+

Always take this formulation exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Adult: Take 1 capsule daily.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

Consult a healthcare provider for long-term use or dosing recommendations for specific health concerns.

If you take more DeCodNAD+ than you should

If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take DeCodNAD+

Don't worry about the missed dose. Take the next dose as usual.

If you feel DeCodNAD+ isn't working

See your doctor if your symptoms worsen or do not improve.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, DeCodNAD+ can cause side effects, although not everybody gets them.

Adverse reactions to DeCodNAD+ are uncommon. Possible adverse reactions may include:

- Nausea, vomiting, diarrhea, loss of appetite and headache.
- xd If you notice any side effects, discontinue use and tell your doctor or pharmacist.

5. How to store DeCodNAD+

Keep this product out of the sight and reach of children. This product does not require any special storage conditions.

Do not use this product after the expiry date which is stated on the label and the carton.

Do not use this product if you notice a change in appearance.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information**What DeCodNAD+ contains**

• The active substances are Nicotinamide Mono-Nucleotide, Trans- Resveratrol, Pantothenic acid (Vitamin B5), Riboflavin (Vitamin B2) and Zinc. The other ingredients are: Colloidal Silicon Dioxide, Magnesium Stearate, Croscarmellose Sodium and Hypromellose Capsule Shell.

What DeCodNAD+ looks like and contents of the pack

DeCodNAD+ is oblong shape hypromellose capsule in amber PET bottle. Pack sizes: 60 Capsules.

Bioreva Sciences Ltd

Unit A4, Gem Park, Athlone Road, Longford, Republic of Ireland

This leaflet was last revised in 01/2024.

References :

1. Mijin Kim, Jaehoon Seol, Toshiya Sato, et al.: Effect of 12-Week Intake of Nicotinamide Mononucleotide on Sleep Quality, Fatigue, and Physical Performance in Older Japanese Adults: A Randomized, Double-Blind Placebo-Controlled Study. *Nutrients*. 2022, 14, 755.
2. Gabriela Fabiana Soares Alegre, et al.: NAD+ Precursors Nicotinamide Mononucleotide (NMN) and Nicotinamide Riboside (NR): Potential Dietary Contribution to Health. *Current Nutrition Reports*. (2023) 12:445-464.
3. Christopher Shade, The Science Behind NMN—A Stable, Reliable NAD+ Activator and Anti-Aging Molecule. *Integrative Medicine*. Vol. 19, No. 1, February 2020.
4. <https://daily.med.nlm.nih.gov/dailymed/drugInfo.cfm?setid=cb8b5717-bfe6-31e3-e053-2995a90a842e#>
5. Arastu Sharma, Sophie Chabloz, et al.: Potential Synergistic Supplementation of NAD+ Promoting Compounds as a Strategy for Increasing Healthspan. *Nutrients*. 2023 Jan; 15(2): 445.
6. Q. Song, et al.: The Safety and Antiaging Effects of Nicotinamide Mononucleotide in Human Clinical Trials: an Update. *Advances in Nutrition*. 14 (2023) 1416-1435.
7. Bahare Salehi, Abhay Prakash Mishra, Manisha Nigam, et al.: Resveratrol: A Double-Edged Sword in Health Benefits. *Biomedicines*. 2018, 6, 91.
8. Lolita Kuršvietienė, et al.: Multiplicity of effects and health benefits of resveratrol. *Medicina*. Volume 52, Issue 3, 2016, Pages 148-155.