

Thank you for choosing TA Medical — this note comes with your order.

The Quiet Differences Inside Every Cell

Why the same NMN can feel different from one person to the next — and why that's nothing to worry about.

TA Medical Research Team · TOPICS: #NAD⁺ #CellularHealth #Healthspan



Two neighbors start taking NMN the same morning. A month later, one feels it clearly — more energy, better sleep. The other feels much the same as before.

It's easy to assume something went wrong. But researchers who study NAD⁺ — the molecule NMN supports — have found this is not a flaw. It's a window into how differently each of our bodies is built.

Every cell runs on NAD⁺, a coenzyme involved in energy production, DNA repair, and cellular communication. It naturally declines with age — which is why NMN, a precursor your body converts into NAD⁺, has drawn so much research attention.

In a clinical study, adults aged 40–65 took daily NMN for two months. Everyone's NAD⁺ rose — but by very different amounts, even at the same dose.

A helpful way to picture it: imagine NAD⁺ as a reserve quietly stored inside your cells. For someone whose reserve has run low with age, each addition raises the level noticeably. For someone whose reserve is already fuller, the same addition still helps — it simply started closer to capacity, so the rise is smaller and quieter, easy to miss day to day.

The absence of an immediate, dramatic feeling is not the same as the absence of an effect. Cellular repair happens quietly, day after day, often too fine to consciously notice right away.



A Note as You Begin

NAD⁺ support works quietly, in the background, over weeks — not days. Take your NMN consistently, at the same time each day, and give your body several weeks before expecting to notice anything. A quiet first month is normal, not a sign it isn't working.

Every batch of TA Medical NMN is verified by accredited, third-party testing labs — confirming both its purity and that it contains the biologically active beta form your body can actually use. Because your own biology already does enough of the personalizing, the product itself shouldn't be a variable you have to wonder about.

Reference: Kuerec, A.H., Wang, W., Yi, L., et al. (2024). *Towards personalized nicotinamide mononucleotide (NMN) supplementation: Nicotinamide adenine dinucleotide (NAD) concentration. Mechanisms of Ageing and Development.* (DOI: 10.1101/2024.02.19.24303025)