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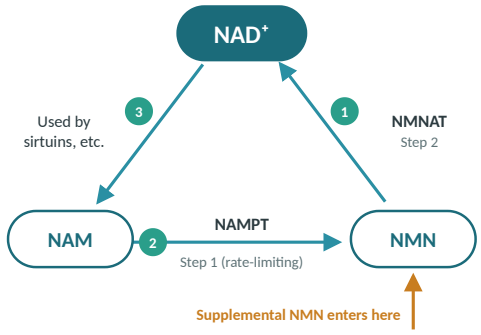
Green Tea and NMN: Fuel Meets Machinery

How your daily cup may support the salvage pathway behind NAD⁺

TA Medical Research Team · **Topics:** #NAD⁺ #GreenTea #SalvagePathway



It arrives with lunch and sits beside the keyboard in the afternoon. Green tea is so ordinary in Japan that it barely registers as a choice. Yet scientists studying how our cells make and recycle NAD⁺ keep running into the same compound from the tea leaf: **EGCG**. If NMN is the **fuel**, green tea may help support the **machinery**.



The NAD⁺ salvage pathway. Nicotinamide (NAM), left behind when NAD⁺ is used, is recycled back into NAD⁺ in two steps. 1 2 3 mark where EGCG may play a supporting role.

Your body recycles most of its NAD⁺. Supplemental NMN enters this loop just after the Step 1 bottleneck.

Three Places EGCG May Help

1. **NMNAT2** Cell study
   Karolinska Institutet researchers reported that EGCG activates NMNAT2, an enzyme that converts NMN into NAD⁺, and raised NAD⁺ in nerve cells.
2. **AMPK → NAMPT** Cell & animal studies
   EGCG activates AMPK, the cell's energy sensor. AMPK is needed to increase NAMPT, the bottleneck enzyme (U.S. NIH, 2008).
3. **SIRT1 & mitochondria** Animal study
   In a worm study, EGCG raised NAD⁺, boosted new mitochondria and extended healthy lifespan. The benefits depended on AMPK and SIRT1.

What NMN provides	What EGCG may support
Raw material for NAD⁺	NMNAT2, which turns NMN into NAD⁺
Enters after the slow step	AMPK, linked to NAMPT
Raises blood NAD⁺ in human trials	SIRT1 and mitochondrial activity
The fuel	**The machinery**

What Japan's Own Data Shows

Tohoku University's Ohsaki Study (JAMA, 2006) followed 40,530 adults for about eleven years. The more green tea people drank, the lower their risk of death, with the clearest link to cardiovascular disease. In Japan, green tea is usually enjoyed alongside washoku, and how the two work together is a fascinating topic for future research.

Enjoying Your Daily Cup

- If you already take NMN, pairing it with a morning cup of green tea is an easy habit to build.
- Enjoy two to four cups of brewed green tea a day, ideally with or after meals. Hot water draws out more catechins than cold.
- More is not better. The European Food Safety Authority (EFSA) linked concentrated supplements providing 800 mg or more of EGCG a day to rises in liver enzymes. Enjoy green tea as a drink rather than as high-dose capsules.

No study has yet tested NMN and green tea together in people. If you have a liver condition or low iron, are pregnant, or take regular medication, please speak with your doctor.

References: Kuriyama S, et al. (2006). JAMA · Fulco M, et al. (2008). Developmental Cell · Xiong LG, et al. (2017). Redox Biology · Igarashi M, et al. (2022). npj Aging · European Food Safety Authority (2018). EFSA Journal