



Introduction

Recent research has highlighted the importance of nicotinamide adenine dinucleotide (NAD+) in cellular health and longevity. However, accurately measuring NAD+ levels in the body presents significant challenges. This white paper examines the limitations of current NAD+ testing methods and presents the case for oral NAD+ supplementation combined with pyrroloquinoline quinone (PQQ) as an effective alternative.

Limitations of Current NAD+ Testing Methods

- 1. Methodological variations:** Different assay techniques (e.g., enzymatic cycling assays, HPLC, LC-MS) can yield inconsistent results^[1].
- 2. Sample processing inconsistencies:** Variations in sample collection, preservation, and extraction can significantly impact NAD+ measurements^[1].
- 3. Biological factors:** NAD+ levels are subject to circadian rhythms and can vary across different tissues and cell types^[1].
- 4. Technical challenges:** Matrix effects in LC-MS analysis and interference from other compounds can lead to inaccuracies^[1].

These factors contribute to the unreliability of current NAD+ testing methods, making it difficult to accurately assess an individual's NAD+ status.

The Benefits of Oral NAD+ PQQ Supplementation

Best365Labs' NAD+ PQQ Boost Tablet offers several advantages over traditional NAD+ testing and intravenous (IV) administration:

- 1. Consistent NAD+ levels:** Regular oral supplementation maintains steady NAD+ levels over time^[3].
- 2. Enhanced absorption:** Our 99.7% food-grade NAD+ is designed for optimal oral absorption.
- 3. Synergistic effects:** PQQ enhances NAD+-dependent sirtuin activity and mitochondrial function^[2].
- 4. Convenience and accessibility:** Oral supplementation is more practical for long-term use compared to IV administration.
- 5. Cost-effectiveness:** Regular oral supplementation is generally more affordable than repeated IV treatments.

Absorption and Efficacy

Research supports the efficacy of oral NAD+ and PQQ supplementation:

- 1. NAD+ precursors** have been shown to increase NAD+ levels in peripheral blood mononuclear cells by ~60% when taken orally^[3].
- 2. PQQ is rapidly absorbed** in the intestine, with peak blood levels occurring within 2-3 hours after ingestion^[5].
- 3. Approximately 62%** of consumed PQQ is absorbed within 24 hours^{[5][8]}.

Conclusion

While current NAD+ testing methods face significant limitations, oral supplementation with high-quality NAD+ and PQQ offers a practical and effective approach to supporting cellular health and longevity. Best365Labs' NAD+ PQQ Boost Tablet provides a convenient, accessible, and scientifically-supported method for maintaining optimal NAD+ levels and promoting overall well-being.

Citations:

[1] <https://www.nature.com/articles/gim2013126>
[2] <https://pmc.ncbi.nlm.nih.gov/articles/PMC8533503/>
[3] <https://pmc.ncbi.nlm.nih.gov/articles/PMC10692436/>
[4] <https://www.nature.com/articles/s44259-024-00033-8>

[5] <https://pmc.ncbi.nlm.nih.gov/articles/PMC11429417/>
[6] <https://organika.com/products/nmn-pqq>
[7] <https://pubmed.ncbi.nlm.nih.gov/24009001/>
[8] https://journals.lww.com/nrronline/fulltext/2025/01000/pyrroloquinoline_quinone__a_potential.5.aspx
[9] <https://www.frontiersin.org/journals/aging/articles/10.3389/fragi.2024.1351860/full>