

# HINNAO<sup>®</sup>

TECHNOLOGY



WELCOME TO  
YOUR HINNAO<sup>®</sup> JOURNEY



# HINNAO® Technology NMN

*(Nicotinamide mononucleotide)*

INSTANT ABSORPTION USING ADVANCED HINNAO® TECHNOLOGY



## NMN is a precursor to NAD+ (enables your body to produce its own NAD+)

Please take care to read the following document before you start taking your NMN. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.  
This product is not for under 18's, pregnant or breastfeeding women.



## GENERAL PRODUCT INFORMATION

NAD+ is found in every cell in your body and is essential for creating cellular energy and maintaining cellular health. Levels of this critical molecule correlate with health status in aging. NAD+ levels decline with age. Despite their central role in cellular functions, the body doesn't have an endless supply of NAD+.

Due to the constant decline in NAD+ as we age it is prudent to supplement with NMN daily to improve cellular function and resist cellular aging.

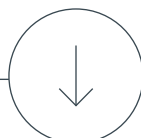
### **Hydration**

Due to the strength of HINNAO® products consumers should be sufficiently hydrated before use

Ensure your mouth is free of any debris before consuming, especially after eating.

### **Storage and Temperature Guidelines**

HINNAO® NMN is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of NMN has a shelf life of more than 2 years.



## HOW TO GET THE MOST OUT OF YOUR HINNAO® NMN

### **How Absorption Works**

HINNAO® NMN absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

### **Alternatives to under the tongue**

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. The NMN will still be absorbing as it travels down the throat.

### **When to take your HINNAO® NMN**

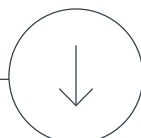
NAD+ kick starts your cell's circadian rhythm so ideally should be taken on wakening, but morning or midday is preferred by people who see increased energy levels after supplementation.

### **Dosage suggestions**

HINNAO® NMN is absorbed directly into the bloodstream via the mucous membrane bypassing the digest tract, therefore 200mg per day is a sufficient dose to gain the desired results.

### **How long it takes to see results**

We recommend taking NMN for around one to three months and then reassess how you are feeling. Results vary from person to person depending on the individual level of toxicity, desired results, and dosage taken. The product works immediately because of high absorption, however you may not see results for weeks to months. In general, we recommend keeping a log of your progress to monitor your results.

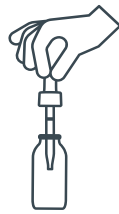


## HOW TO TAKE HINNAO® NMN



### STEP 1

Shake the bottle well for 30 seconds to ensure a consistent dose.



### STEP 2

Squeeze the pipette to draw up recommended dose.



### STEP 3

Place the product under your tongue.



### STEP 4

Hold in your mouth for 60-90 seconds, then swallow.

## POSITIVE BENEFITS TO WATCH FOR

### Weight Loss/Sleep

NAD+ has recently been identified as a molecule that plays a role in human sleep cycles, as well as feelings of hunger.

NAD+ studies implicate raising intracellular NAD+ levels as a potential target for managing and treating addictive behaviour and reducing cravings and withdrawal symptoms in patients with food addiction and/or substance abuse.

### Memory and Mental Focus

Many customers report relief from “mental fog” and increased ability to recall things in short term memory that were previously forgotten.

### Energy

NAD+ improves endurance, strength, stamina and athletic performance, reduces soreness and fatigue, improves metabolism, as well as boosting brain power, memory and focus. NAD+ replacement therapy increases cellular respiration.

### Fitness

NAD+ lowers recovery time and can increase VO2 Max, noticed effects from supplementation is less muscle soreness and fatigue.



Thank you for reading and good luck with your wellness journey.

