



Our New Formulation

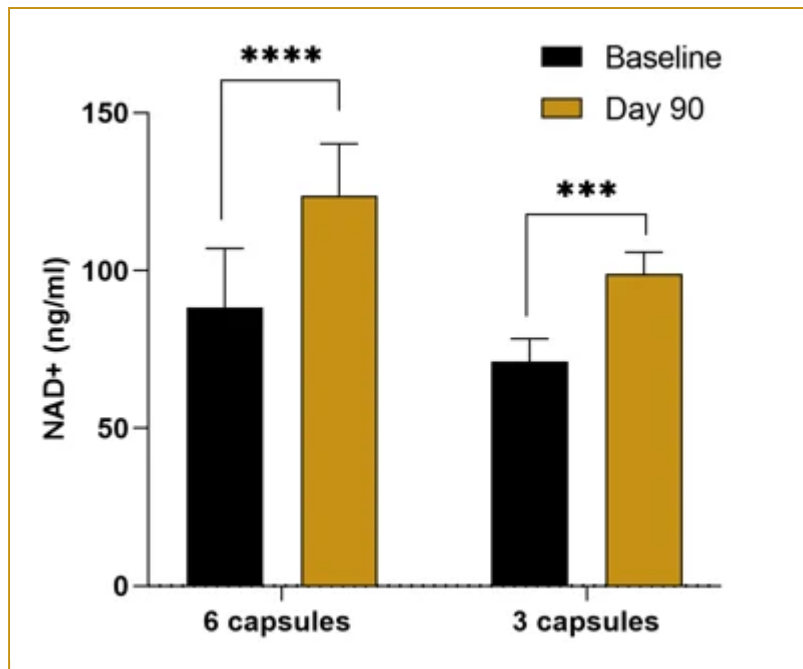
Read more below about our new upgraded formulation

Why have we upgraded our Nuchido TIME+ formulation?

- Unlike other companies, we are scientists first and foremost and therefore, have the knowledge to reformulate, retest and bring you an improved product
- Our CEO's aim has always been to make science accessible to the public and make Nuchido TIME+ easier to fit into your wellness routine
- We have upgraded our formulation to include the most stable formats of ingredients, so you can now get all the same benefits as before, with less capsules per day

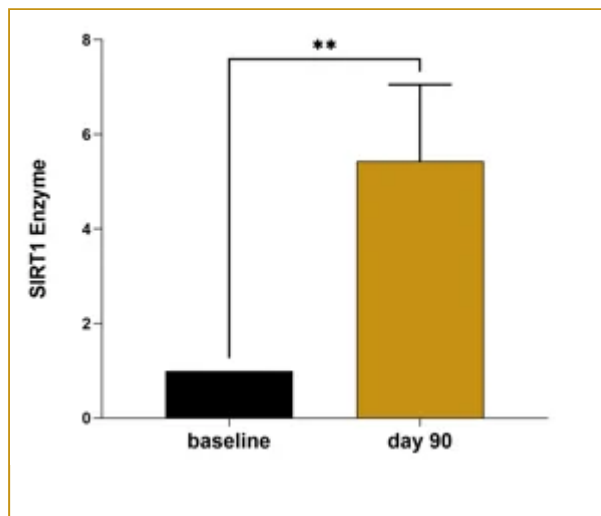
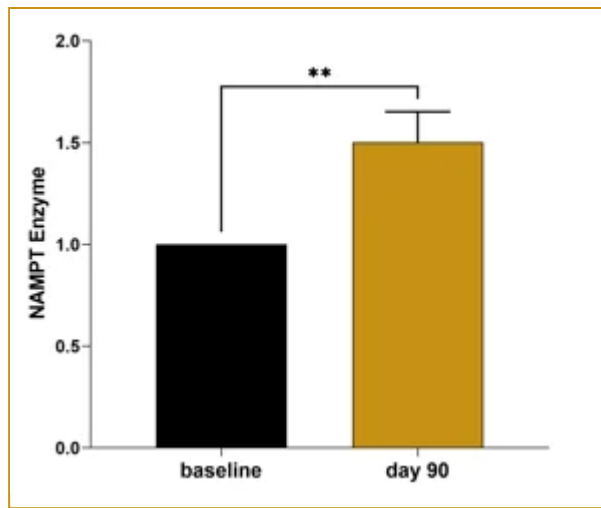
How effective are 3 capsules per day compared to 6?

- We have conducted a clinical trial which shows that Nuchido TIME+ is effective at 3 capsules per day
- We compared the increase in NAD+ levels of 3 capsules and 6 capsules
- The results showed that 6 capsules per day increased NAD+ levels by an average of 40%, in comparison 3 capsules per day increased NAD+ levels by an average of 39%



Does Nuchido TIME+ still fix the root causes of NAD+ decline?

- Our new clinical trial shows that 3 capsules still boosts NAD+ levels by switching back on youthful NAD+ production – going beyond all other NAD+ products
- NAMPT is the enzyme that powers the Salvage Pathway, this is the main NAD+ production pathway within our cells
- It is the decline in NAMPT that contributes to a decline in NAD+ production during aging
- The increased NAD+ production via the Salvage Pathway stimulates an increase in SIRT1 levels
- SIRT1 is a NAD+-dependent longevity protein that coordinates many of the health-promoting effects of NAD+



New clinical evidence

- In this clinical trial we also measured additional markers including skin health, sleep quality and energy levels of participants and obtained exciting new data about the benefits of Nuchido TIME+

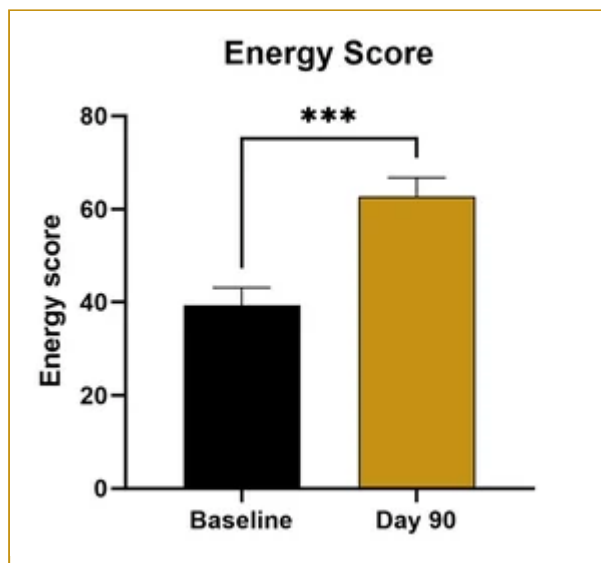
Sleep and NAD+

- NAD⁺ and SIRT1 are known to impact circadian rhythm
- Nuchido TIME+ significantly improved sleep quality after 90 days of supplementation
- A lower PSQI score indicates better sleep quality



Energy and NAD+

- NAD⁺ is critical for energy production in the mitochondria
- A 62% increase in energy levels was reported after 90 days of supplementation with Nuchido TIME+



Skin health

- NAD⁺ and SIRT1 are known to influence skin health by regulating inflammation, collagen production and skin cell turnover
- We measured markers of skin health with a VISIA scan and found Nuchido TIME+ significantly improved redness and UV damage



What has changed in the formulation?

Alpha Lipoic Acid

- We are now using a more bioavailable and incredibly stable form of R-Alpha Lipoic Acid (ALA)
- ALA is one of the key ingredients in Nuchido TIME+. Since the initial formulation, a new and more stable version of ALA has become available, meaning smaller quantities are needed to produce the same beneficial effects
- We only use ALA in the R- form, most other products use S-ALA, which is the synthetic form, whilst this is cheaper, your body cannot absorb this version

Clean Label

- Sunflower oil and silicon dioxide were previously present in small amounts in our formulation to aid the manufacturing process (not added as active ingredients)
- We have improved our manufacturing process so that both are now removed

Vitamin C

- We have also increased the concentration of vitamin C from 10 mg to 105 mg per 3 capsules to provide extra cellular health benefits
- This is now included as ascorbyl palmitate and ascorbic acid, to increase absorption



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