

# Nicotinamide Mononucleotide Supplementation for Exercise Tolerance Improvement in Healthy Older Adults

NCT07144527

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Scott Silveira
Enrollment	40 participants

## Key Eligibility Criteria

---

### Inclusion (11)

- Adults aged 60 to 80 years, of any sex
- Written clearance from primary care physician confirming medical fitness to participate in an exercise-based clinical study
- Normal or near-normal cardiovascular function to safely engage in moderate to vigorous exercise, demonstrated by either: stress echocardiogram or coronary CT angiogram within the past 12 months showing normal left ventricular function, no significant valvular heart disease, no ischemic changes, and no other clinically significant abnormalities, plus confirmation that no new cardiovascular symptoms (e.g., chest pain, dyspnea, syncope) or changes in health status have occurred since testing
- Montreal Cognitive Assessment (MoCA) score of 26 or higher
- Free from acute or uncontrolled chronic medical conditions that would pose a risk or interfere with study participation
- ... and 6 more (see full listing online)

### Exclusion (12)

- Severe cardiovascular disease (e.g., recent myocardial infarction <6 months, unstable angina, uncontrolled hypertension >160/100 mmHg)
- Severe respiratory conditions (e.g., advanced COPD or other conditions preventing exercise participation)
- Significant neurological impairments that hinder comprehension of instructions or participation in exercise
- Terminal illness or conditions limiting life expectancy or ability to complete the study
- Severe cognitive impairment preventing informed consent, protocol adherence, or comprehension of interventions
- ... and 7 more (see full listing online)

## Locations (1 total)

---

Medical Office of Dr. Robert Huizenga MD, Beverly Hills, California, United States