



NAD Plus Cure to Prevent Cognitive Decline

Kunal Joon**Noida International Institute of Medical Sciences, Haryana, India****Corresponding Author:** Kunal Joon, Noida International Institute of Medical Sciences, Haryana, India.**DOI:** 10.31080/ASNE.2026.09.0913**Received:** April 28, 2026**Published:** May 01, 2026© All rights are reserved by **Kunal Joon.****Abstract**

Cognitive ability decline can be preserved NAD plus supplementation or its precursor can be used. The NAD plus can prevent vascular dementia, age related cognitive decline. As NAD plus decline cause decline in the cognitive ability and increased dementia and even it can lead to Alzheimer's disease and even symptoms Parkinson disease.

Keywords: Alzheimer's Disease; NAD Plus; NADH Plus H Supplementation; Neuroprotection

Introduction

NAD + is essential for cellular metabolism and maintaining cell health. It helps in the neuronal conduction and maintenance of neuronal cells and also maintain DNA and repair it and even maintain identity of the cell, regeneration of cells from stem cells linked through it [1].

Also reduce the oxidative stress and reduce the chance of cancer. Improves the conduction and communication between the nerves. NAD+ therapy is benefit the Alzheimer's patient and even reduce the symptoms of the dementia and reverse the Alzheimer's disease and reduce the aging of the brain and maintenance of memory and cognitive functions [2].

It is primarily synthesised in the liver. It is essential for the electron exchange.

Key role in Alzheimer's disease

Alzheimer's is majorly caused by the metabolic disturbance which lead to creation of the insoluble proteins leading to brain

aging and memory loss and memory circuit is disturbed (Psychical cortex) [3].

NAD+ act as the cell regeneration leading to cell dealing and act as a electron carrier help in the neuron conductor leading to recover the memory loss in case of early stages of Alzheimer's disease [4].

NAD+ supplementation in Alzheimer's disease

It reduces the protein leading to the DNA repair which leads to the cell regeneration and leading to repair of the neuron which lead to the reduction of memory loss and reverse the Age of the brain increasing the Intelligent quotient which reduces the chances of mental disorder [5].

Cognitive decline age related

Cognitive decline and dementia increases with age. It can be reduced with the NAD+ supplementation as it is an electron carrier and repairs the DNA.

Along with the stem cell therapy it lead to decrease in the decline of cognition and reverse the memory loss.

Traumatic Brain injury

Acute traumatic brain injury can lead to the ischemia and oxidation in adults it can lead to the increase in brain age and memory loss depend on the area injured. NAD+ can lead to the DNA repair and further with stem cell therapy through amnion cell it reverses the full trauma.

Same case for the stroke.

Discussion

We discussed the role of the NAD+ and its precursor in the cure of cognitive decline and reverse memory loss (dementia).

Conclusion

NAD+ supplementation can be used in cases of cognitive decline to reduce it and prevent further cognitive decline and reduce the memory loss.

Bibliography

1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5886206/>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7674854/>
3. <https://pubmed.ncbi.nlm.nih.gov/34694148/>
4. <https://pubmed.ncbi.nlm.nih.gov/34302821/>
5. <https://pubmed.ncbi.nlm.nih.gov/24151909/>