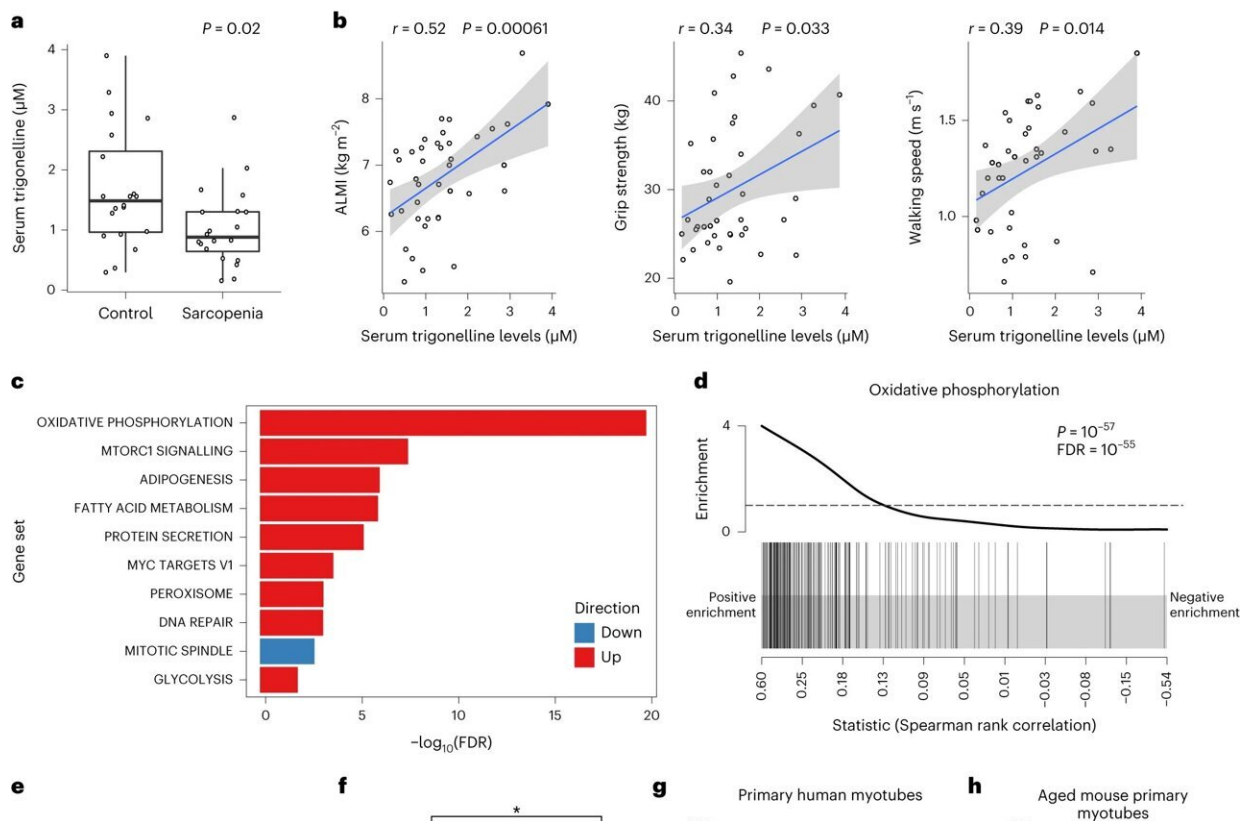


Study finds natural molecule in coffee and human body increases NAD+ levels, improves muscle function during aging

March 21 2024



Serum trigonelline is reduced in human sarcopenia and is associated with mitochondrial and NAD⁺ metabolism in skeletal muscle. **a**, Serum levels of trigonelline in healthy controls ($n = 20$) and individuals with sarcopenia ($n = 20$) from the MEMOSA SSS (unpaired, two-tailed Student's t -test). **b**, Association of serum trigonelline levels with ALMI, grip strength and gait speed; the Pearson correlation coefficient and its P value were calculated on $n = 40$ serum samples

from the SSS. c, SSS muscle RNA-seq association with serum trigonelline levels. Gene set enrichment ordered according to the significance of enrichment with only the top ten gene sets being reported. A false discovery rate (FDR)

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