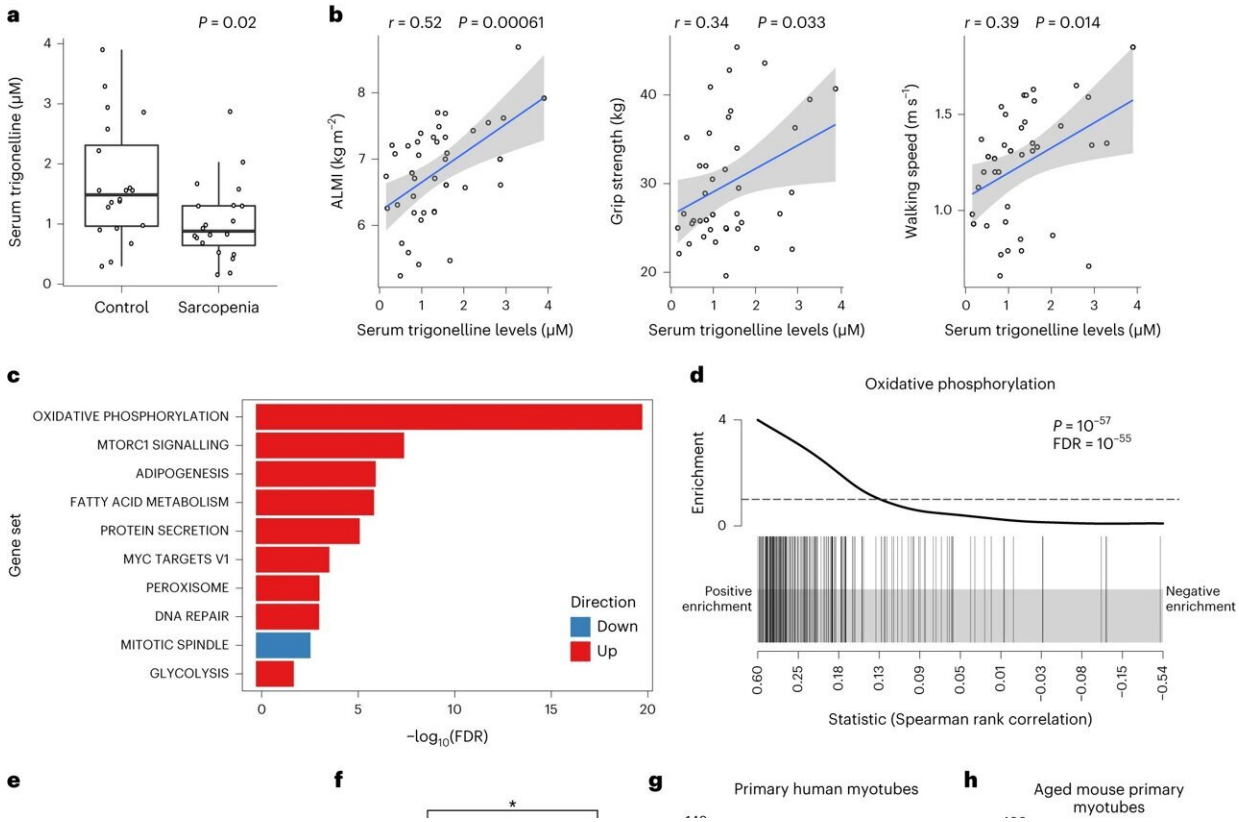
# Study finds natural molecule in coffee and human body increases NAD+ levels, improves muscle function during aging

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)