

5-Amino-1MQ-Oral

PEPTIDES

5-Amino-1MQ is a small molecule compound designed to inhibit the enzyme NNMT (nicotinamide N-methyltransferase), which plays a key role in metabolic regulation and fat cell activity. By suppressing NNMT, 5-Amino-1MQ increases NAD⁺ levels and helps to accelerate energy metabolism,

5-Amino-1MQ is a small molecule compound designed to inhibit the enzyme NNMT (nicotinamide N-methyltransferase), which plays a key role in metabolic regulation and fat cell activity. By suppressing NNMT, 5-Amino-1MQ increases NAD⁺ levels and helps to accelerate energy metabolism, support healthy body composition, and reduce fat mass—especially visceral fat. It has gained attention for its potential to improve insulin sensitivity, mitochondrial function, and cellular repair, making it a popular option in fat loss, longevity, and athletic performance protocols.

KEY BENEFITS

- Promotes rapid fat loss without muscle breakdown**
- Inhibits fat cell growth and reduces existing fat deposits**
- NAD⁺ preservation:** NAD⁺ is essential for mitochondrial function, which is central to the production of energy (ATP) within cells. As we age, NAD⁺ levels naturally decline, which can impair cellular energy production and lead to aging-related diseases. 5-Amino-1MQ's ability to inhibit CD38 and preserve NAD⁺ levels is of significant interest for anti-aging and longevity research.
- Mitochondrial Biogenesis:** 5-Amino-1MQ may also contribute to mitochondrial biogenesis, which refers to the generation of new mitochondria in cells. Mitochondria are responsible for energy production, and an increase in their numbers can improve overall cellular function and endurance.
- Improves insulin sensitivity and glucose tolerance**
- Cognitive Health:** By improving mitochondrial health and NAD⁺ levels, 5-Amino-1MQ may help protect brain cells from age-related neurodegenerative diseases like Alzheimer's and Parkinson's disease. NAD⁺ is essential for neuronal function and survival.
- Increased Brain Energy:** The compound's potential to enhance mitochondrial function could improve energy metabolism in the brain, supporting cognitive performance and possibly reducing brain fatigue.
- Supports cellular longevity and anti-aging effects**
- Improved Endurance:** By enhancing mitochondrial activity and fat oxidation, 5-Amino-1MQ could improve physical endurance and exercise capacity. This may be particularly beneficial for endurance athletes or anyone looking to increase their stamina.
- May assist in reducing inflammation and oxidative stress**
- Muscle Preservation:** Because 5-Amino-1MQ promotes fat loss rather than muscle loss, it may help maintain lean muscle mass while reducing body fat. This makes it an attractive option for individuals undergoing body composition changes.

MECHANISM OF ACTION

5-Amino-1mq works primarily by:

- NNMT Inhibition :** Suppresses the enzyme responsible for downregulating energy metabolism in fat cells
- NAD⁺ Elevation :** Increases intracellular NAD⁺, enhancing mitochondrial function and energy production
- Mitochondrial Optimization :** Promotes thermogenesis and lipid oxidation via improved mitochondrial efficiency

POSSIBLE SIDE EFFECTS (usually temporary and mild)

- Headache
- Mild fatigue
- Digestive discomfort (bloating, nausea)
- Mild increase in heart rate
- Insomnia
- Restlessness
- Reduced appetite
- Temporary sleep disturbances/insomnia

SIDE EFFECT MANAGEMENT Stay hydrated and eat balanced meals during

the protocol Reduce dosage if fatigue or nausea occurs Use smaller split doses if needed to increase tolerance **CONTRAINDICATIONS** Do not use 5-Amino-1mq if: You are pregnant or breastfeeding You have uncontrolled cardiovascular conditions You have liver or kidney impairment You are allergic to any excipients or BAC You are on medications that alter NAD metabolism without physician oversight **DOSING** 4-8 week cycle followed by 2-4 week washout period Does not have to be taken while fasted (although if you take it on an empty stomach, you will probably have better appetite suppression) Take in the morning or mid-afternoon Daily dosing Standard Dosing Protocol Take 2 pills (100mg), one in the morning and one in the afternoon, daily Low Dosing Protocol Take 1 pill (50mg), once per day, daily Maximum Dosing Protocol Take 3 pills (150mg), split between three doses (last dose no later than mid-afternoon)

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