System	Type	Benefit (B)/Risk (R)	NAD+ inferior	NAD+ not inferior	NAD+ superior
Skin	↓ risk of nonmelanoma skin cancer	B			3
Skin	↓ UV immune suppression	B			3
Cellular energetics	↑ mitochondrial respiration/function	B			3
Skin	↓ actinic keratoses	B			2,75
Tumorigenesis	↑ risk of transformation of in situ/inflammatory, senescent lesions	R	-2,5		
Tumorigenesis	↑ progression of existing tumors	R	-2,5		
Buildup of metabolites	↑ neurodegeneration	R	-2,25		
Buildup of metabolites	↑ axon degeneration	R	-2,25		
Skin	↑ thickness stratum corneum	B			2
Skin	↓ transepidermal water loss	B			2
Skin	↓ erythema, infiltration, and desquamation of psoriatic plaques	B			2
Skin	↓ reductions in lines and wrinkles, hyperpigmentation, sallowness, elasticity	B			2
Skin	↓ acne severity	B			2
Skin	↓ pigmentation, solar elastosis, mast cell infiltrate in melasma	B			2
Skin	↑ improvement in rosacea	B			2
CVS	↑ cardiac function/contractility	B			2
CVS	↓ infarct size	B			2
CVS	↑ survival in cardiac arrest	B			2
CVS	↓ maximum heart rate	B			2
Muscle	↑ exercise performance/tolerance/amount	B			2
Eyes	↓ glaucoma	B			2
Ears	↓ noise-induced hearing loss	B			2
Gene expression	↑SIRT 1 activity	B			2
Nervous system	↓ cognitive impairment/difficulties	B			2
Nervous system	↓ progression of cognitive deterioration	B			2
Buildup of metabolites	↓ worsens motor phenotype in Huntington's model	R	-2		
Senescent cells	↑ SASP of senescent cells	R	-2		
Skin	↑ improvement in contact dermatitis	B			1,75
Rejuvenation	↑ healthspan	B			1,75
Metabolism	↓ weight gain/body weight	B			1,75
Metabolism	↓ NAFLD/fibrosis	B			1,75
Nervous system	↓ neuron death from glutamate toxicity/oxygen-glucose deprivation	B			1,75
Nervous system	↓ damage after I/R injury of the spinal cord	B			1,75
Nervous system	↓ damage of I/R injury following a stroke, infarct size, edema	B			1,75
Skin	↑ epidermal thickness	B			1,5
Rejuvenation	↓ aging defects in gut	B			1,5
Rejuvenation	↑ lifespan	B			1,5
Rejuvenation	↑ gut stem cells	B			1,5
Rejuvenation	↑ hematopoietic stem cells	B			1,5
Kidney	↓ reverse established AKI	B			1,5
Metabolism	↓ AST / ALT	B			1,5
Metabolism	prevent and regresses hepatic tumors	B			1,5
Cellular energetics	↑ NAD(P)H levels	B			1,5
Cellular energetics	↑ ATP levels	B			1,5
Cellular energetics	↓ oxidative stress markers/inflammatory cytokines	B			1,5
Nervous system	↓ anxiety	B			1,5
Nervous system	↓ sleep disturbances	B			1,5
Nervous system	↓ peripheral neuropathy	B			1,5
Nervous system	↓ headaches	B			1,5
Nervous system	↓ jet lag induced cognitive difficulties and sleepiness	B			1,5
Immune system	↑ oxidative burst	B			1,5
Buildup of metabolites	↑ NAM, MeNAM, NMN, 2-PY, NAAD	R	-1,5		
Buildup of metabolites	↑ diabetes risk, insulin resistance	R	-1,5		
Buildup of metabolites	↓ NAD/NADH ratio	R	-1,5		
Muscle	↓ exercise performance	R	-1,5		
Inflammatory conditions	aggravation of RA	R	-1,5		
Muscle	↑ muscle function	B			1,25
Muscle	↓ myalgia symptoms	B			1,25
Muscle	↑ muscle mass	B			1,25
Rejuvenation	↑ DNA repair activity	B			1,25
Kidney	↓ hypertension, proteinuria, glomerulosclerosis CKD	B			1,25
Metabolism	↓ triglycerides	B			1,25
Metabolism	↑ insulin sensitivity/glucose tolerance	B			1,25
Nervous system	↑ memory	B			1,25
Nervous system	↓ neuroinflammation, apoptosis, DNA damage, cell death	B			1,25
Immune system	↓ lymphadenopathy	B			1,25
Acute adverse drug effects	↑ thrombocytopenia/bruising	R	###		
Acute adverse drug effects	↑ diarrhea/changes in stool consistency	R	###		
Acute adverse drug effects	↑ nausea + vomiting	R	###		
Acute adverse drug effects	↑ erythema, pruritis, burning skin	R	###		
Acute adverse drug effects	↑ abdominal discomfort/dyspepsia	R	###		
Buildup of metabolites	↑ uremic toxin	R	###		
Metabolism	↓ potassium	R	###		
Skin	↑ rates of epidermal renewal	B			1
Skin	↓ sebum excretion	B			1
Skin	↑ improvement in blistering diseases	B			1
Skin	↑ enhanced repair of DNA damage	B			1
Skin	↑ wound healing	B			1
Skin	↑ enhanced production of ceramides and free fatty acids	B			1
CVS	↓ vascular dysfunction	B			1
CVS	↓ oxidative stress	B			1
CVS	↓ adverse remodelling	B			1
CVS	↓ arrhythmias	B			1
CVS	↓ hypoxia and reoxygenation injury	B			1
CVS	↓ blood pressure	B			1
CVS	↓ arterial stiffness	B			1
CVS	↓ cardiac injury markers after surgery	B			1
CVS	↑ ATP in cardiomyocytes	B			1
CVS	↓ inflammatory markers	B			1
CVS	↓ cardiac cell death	B			1
CVS	↑ increase sodium channel conduction velocity in heart failure	B			1
CVS	↑ increased survival following hemorrhagic shock	B			1
CVS	↓ I/R injury in acute lung injury	B			1
Muscle	↓ postexertional malaise	B			1
Muscle	↓ muscle weakness	B			1
Muscle	↓ arthralgia	B			1
Muscle	↓ muscle fiber degeneration	B			1
Muscle	↓ myopathy	B			1
Eyes	↑ eye function	B			1
Kidney	↓ acute kidney injury	B			1
Kidney	↓ fibrosis	B			1
Metabolism	↑ HDL	B			1
Metabolism	↓ LDL	B			1
Metabolism	↓ visceral fat deposits, adiposity	B			1
Metabolism	↑ oxygen consumption	B			1
Metabolism	↑ body temperature	B			1
Metabolism	↓ β-cell apoptosis	B			1
Gene expression	↑ mitochondrial gene expression	B			1
Cellular energetics	↑ activation of mitochondrial unfolded protein response	B			1
Gene expression	↑ SIRT 3 activity	B			1
Gene expression	↑ gene expression related to cell adhesion, actin cytoskeleton organization, and cell motility				1
Gene expression	↑ gene expression to improve oxidative stress, inflammatory response, circadian rhythm	B			1
Nervous system	↑ learning ability in old age	B			1
Nervous system	↓ Tau pathology	B			1
Nervous system	↓ AB pathology	B			1
Nervous system	↑ neurovascular coupling responses via NO-mediated vasodilation	B			1
Nervous system	↓ dopaminergic neurodegeneration and deficits	B			1
Nervous system	↑ mitochondrial function in Parkinson's model	B			1
Nervous system	↑ mitochondrial function and revert toxicity in ALS model	B			1
Nervous system	↑ circadian rhythm	B			1
Nervous system	↑ increased verbal fluency and visual-constructional ability	B			1
Nervous system	↑ sensory processing	B			1
Nervous system	↑ post stroke remyelination	B			1
Nervous system	↑ gait coordination	B			1
Nervous system	↑ increase neural stem cell activation after stroke	B			1
Nervous system	↑ increased integrity of BBB, protect against side effects of tPA treatment	B			1
Nervous system	↓ survival of neuroblastoma and other brain tumor cells	B			1
Nervous system	↑ angiogenesis	B			1
Nervous system	↓ neuron death and edema after trauma	B			1
Reproduction	↑ quality of oocytes	B			1
Reproduction	↑ improved development of offspring	B			1
Reproduction	↓ congenital malformation	B			1
Reproduction	↑ increased lactation and transmission of nutrients in milk	B			1
Immune system	↓ allergies	B			1
Immune system	↑ lymphocyte proliferation	B			1
Immune system	↓ CRP and MCP-1	B			1
Immune system	↓ CD40 and CD40-L	B			1
Immune system	↓ DNA damage-induced cell death of mononuclear cells	B			1
Immune system	↓ secretion of TNFα	B			1
Immune system	↓ cancer cell survival	B			1
Acute adverse drug effects	↑ skin rash	R	-1		
Acute adverse drug effects	↑ flushing	R	-1		
Acute adverse drug effects	↑ leg cramps	R	-1		
Acute adverse drug effects	↑ sweating	R	-1		
Acute adverse drug effects	↑ fatigue	R	-1		
Acute adverse drug effects	↑ headache	R	-1		
Acute adverse drug effects	shortness of breath	R	-1		
Buildup of metabolites	↑ thrombocytopenia	R	-1		
Buildup of metabolites	↑ oxidative stress	R	-1		
Buildup of metabolites	↓ replicative lifespan	R	-1		
Buildup of metabolites	↓ betaine	R	-1		
Buildup of metabolites	dysregulation of serotonin and histamine	R	-1		
Buildup of metabolites	↓ methylation-mediated degradation of catecholamines	R	-1		
Metabolism	impaired glucose tolerance	R	-1		
Metabolism	↑ lipid peroxidation	R	-1		
Metabolism	↓ Hematocrit, Hb, platelet count	R	-1		
Metabolism	↑ LDL	R	-1		
Feedback suppression	↓ gene sets associated with energy metabolism in skeletal muscle	R	-1		
Immune system	↑ T-cell apoptosis	R	-1		