FREE EDUCATIONAL RESOURCE

Evidence-Based Health & Supplement Guide

A research-backed overview of NAD+, sleep science, GLP-1 medications, foundational supplements, and more — from a licensed RN.

Nurse Rob, RN

Licensed Clinical Educator

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Before You Read

This guide is an **educational resource** — not medical advice.

Nurse Rob, RN provides evidence-based education on supplements, metabolic health, NAD+, sleep science, and GLP-1 medications. No content in this guide constitutes medical advice, diagnosis, or treatment.

No provider-patient relationship is established by reading or downloading this guide.

Always consult your licensed physician before starting, stopping, or modifying any supplement, medication, or health regimen.

— Nurse Rob, RN

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How to Use This Guide

Read the sections relevant to your interests. Bring the information to your physician as a starting point for conversation — not as a prescription. This is educational context, not a treatment plan.

CHAPTER 01

NAD+ & Cellular Health

What Is NAD+?

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme found in every living cell. It plays a central role in cellular energy production, DNA repair, and metabolic signaling. NAD+ levels decline with age — a finding that has generated significant research interest in whether supplementation strategies can support healthy aging.

What the Research Shows

Preclinical studies have demonstrated that NAD+ precursors — including nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN) — can increase NAD+ levels in various tissues. Human clinical trials are ongoing, with some showing modest improvements in biomarkers associated with aging. The evidence is promising but still developing. Large-scale, long-term human outcome trials are not yet available.

Common NAD+ Precursors

- **Nicotinamide Riboside (NR):** The most studied NAD+ precursor in human trials. Generally well-tolerated at studied doses.
- **Nicotinamide Mononucleotide (NMN):** A direct NAD+ precursor. Human research is more limited than NR but growing.
- **Niacin (Vitamin B3):** A traditional NAD+ precursor. Effective but can cause flushing at higher doses.

> **Key Takeaway:** NAD+ precursors are an active area of aging research with promising preclinical data. Human evidence is emerging but not yet definitive. These are supplements — not medications — and individual responses vary.

Not a Recommendation

This is educational context on what the research shows. Discuss any supplement with your physician before starting. NAD+ precursor supplements are not evaluated by the FDA for safety or efficacy.

CHAPTER 02

Sleep Science & Recovery

Why Sleep Matters

Sleep is not passive. During deep sleep, the brain clears metabolic waste, consolidates memories, and regulates hormones including cortisol and growth hormone. Chronic sleep deficiency is associated with impaired cognitive function, metabolic disruption, and reduced immune response.

Supplements with Research Support

- **Magnesium (particularly glycinate):** Magnesium plays a role in GABA receptor function and melatonin regulation. Several studies suggest magnesium supplementation may improve sleep quality, particularly in older adults and those with low magnesium status.
- **Vitamin D:** Vitamin D receptors are present in brain regions involved in sleep regulation. Observational studies link low vitamin D levels to poor sleep quality, though causation is not firmly established.
- **Creatine:** While primarily studied for athletic performance, creatine has been investigated for cognitive performance under sleep deprivation. Some research suggests it may help mitigate cognitive decline during periods of sleep restriction.

Sleep Hygiene Basics (Non-Supplement)

- Consistent sleep and wake times — even on weekends
- Morning sunlight exposure to regulate circadian rhythm
- Limit blue light exposure 1-2 hours before bed
- Keep bedroom cool (65-68°F / 18-20°C)
- Avoid caffeine within 8 hours of bedtime

> **Key Takeaway:** Sleep supplements can support — but not replace — good sleep hygiene. Magnesium and vitamin D have the strongest research support. Always address behavioral factors first.

CHAPTER 03

GLP-1 Medications — An Educational Overview

What Are GLP-1 Receptor Agonists?

GLP-1 (glucagon-like peptide-1) is a hormone that stimulates insulin secretion, slows gastric emptying, and promotes satiety. GLP-1 receptor agonists are FDA-approved medications that mimic this hormone. Semaglutide (Wegovy, Ozempic) and tirzepatide (Mounjaro, Zepbound) are the most widely discussed.

What the Clinical Trials Show

Large-scale randomized controlled trials (STEP trials for semaglutide, SURMOUNT trials for tirzepatide) have demonstrated significant weight loss in participants with obesity. Tirzepatide — a dual GIP/GLP-1 receptor agonist — showed average weight loss of 15-21% in clinical trials, depending on dose and duration.

Important Context

- These are **prescription medications** — not supplements
- They require medical supervision and ongoing monitoring
- Side effects can include nausea, vomiting, and GI distress
- Long-term safety data beyond 2-3 years is still being collected
- Weight regain after discontinuation is common

> **Key Takeaway:** GLP-1 medications represent a significant advance in obesity treatment with strong clinical trial data. They are prescription drugs with real risks and require physician supervision. This overview is educational — not a treatment recommendation.

CHAPTER 04

Foundational Supplements

Creatine

One of the most studied supplements in sports nutrition. Creatine monohydrate supports ATP regeneration during high-intensity exercise. Research has also explored cognitive benefits, particularly under conditions of sleep deprivation or mental fatigue. Typical studied dose: 3-5g daily.

Collagen

Collagen peptides provide the amino acids (glycine, proline, hydroxyproline) specific to connective tissue. Some studies suggest benefits for skin elasticity and joint comfort. Types I, II, and III have different tissue distributions. Research quality varies by outcome and population studied.

Protein

Adequate protein intake supports muscle maintenance, immune function, and satiety. Whey, casein, and plant-based proteins each have distinct absorption profiles. General guidance from the literature: 1.2-2.0g per kg of bodyweight daily, depending on activity level and goals.

Magnesium & Vitamin D

Magnesium is a cofactor in over 300 enzymatic reactions. Vitamin D supports calcium absorption, immune function, and bone health. Both are commonly insufficient in modern diets. Magnesium glycinate is often preferred for its absorption profile and lower GI effects.

Research Context Only

Supplement descriptions reflect published research. Individual needs vary. Discuss your specific supplement regimen with your physician. No supplement replaces a balanced diet.

CHAPTER 05

Gut Health Basics

The Gut Microbiome

The human gut contains trillions of microorganisms — bacteria, fungi, and viruses — collectively called the microbiome. This ecosystem influences digestion, immune function, nutrient absorption, and even mood via the gut-brain axis. Microbiome diversity (having many different bacterial species) is generally associated with better health outcomes.

What Supports Gut Health (Per the Research)

- **Dietary fiber:** Feeds beneficial bacteria. Aim for 25-35g daily from vegetables, fruits, legumes, and whole grains.
- **Fermented foods:** Yogurt, kefir, sauerkraut, and kimchi contain live cultures that may support microbial diversity.
- **Polyphenols:** Found in berries, green tea, dark chocolate, and olive oil — these compounds can positively influence gut bacteria composition.
- **Prebiotics:** Specific fibers (inulin, FOS, GOS) that selectively feed beneficial bacteria.

Probiotics — What to Know

Probiotic supplements contain live bacteria. Strain specificity matters enormously — different strains have different effects. Look for products that list the specific strain (e.g., Lactobacillus rhamnosus GG), not just the species. The evidence base varies widely by strain and condition studied.

> **Key Takeaway:** Diet is the most powerful lever for gut health. Fiber, diversity of plant foods, and fermented products have stronger evidence than any single supplement for supporting a healthy microbiome.

CHAPTER 06

How to Talk to Your Doctor

Why This Matters

Many people research supplements or medications online and feel uncomfortable bringing them up with their physician. This hesitation can lead to undisclosed supplement use — which is a safety risk. Your doctor needs the full picture to provide safe care.

How to Prepare

- **Bring specific research:** Mention the study, the journal, and the findings — not "I read online that..."
- **Frame as seeking their opinion:** "I came across this research on [topic]. What's your perspective on it?"
- **Be fully transparent:** List every supplement you're taking — dose, frequency, and brand.
- **Ask about interactions:** "Could any of these interact with my current medications?"
- **Respect their expertise:** Your doctor may have valid reasons to be cautious that the online research doesn't address.

If Your Doctor Is Dismissive

Some physicians are unfamiliar with supplements or emerging research areas. If you feel dismissed, you can ask: "I understand this may not be in standard guidelines yet. Could you help me understand what specific risks you're concerned about?" A second opinion from another licensed physician is always an option.

> **Key Takeaway:** A well-prepared patient gets better care. Bring evidence, be transparent about what you're taking, and frame the conversation as seeking their medical opinion — not challenging it.

CHAPTER 07

Your Next Steps

The Research Library

Every guide mentioned in this booklet — and more — is available for free at the Nurse Rob, RN Research Library. No paywalls. No subscriptions. No credit card required.

What you'll find:

- In-depth guides on NAD+, sleep, gut health, GLP-1s, and foundational nutrition
- Evidence-based supplement research across magnesium, vitamin D, creatine, collagen, and protein
- Dosing reference tables from published research
- Comparison charts, glossary, and educational guides
- Doctor communication resources

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Final Reminder

This guide is an educational resource only. No content constitutes medical advice. No provider-patient relationship is established. Always consult your licensed physician before making changes to your health regimen.

Free Educational Resource

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A research-backed overview from a licensed RN — built for people who want to understand what the evidence actually shows, not what influencers claim.

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