



# APIGENIN

Gut, Metabolism/NAD+ Support

## Summary:

*Apigenin is a flavonoid shown to influence weight, inflammation, and insulin resistance by altering the gut microbiota. Apigenin supplementation was shown to restore the richness and diversity of the gut microbiota. Apigenin inhibits CD38, a key enzyme involved in the age-related decline of NAD+. CD38 is responsible for NAD decline and mitochondrial dysfunction. Apigenin is a key modulator in cellular efficiency which can cause a cascade of beneficial results.*

## Reasons why your provider may be recommending Apigenin

- Healthy Gut promotion
- Endogenous NAD salvage
- Decrease inflammation
- Increase metabolism
- Immune health



## How to take it and what to expect

- Take 1-3 capsule by mouth daily
- There are no known side effects

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