



# NAD+ VS BERBERINE

A Simple 7-Day Guide to Support Energy, Metabolism, and Healthy Aging — the Clear Difference Between NAD+ and Berberine

## NAD+ VS BERBERINE GUIDE

Women ask this all the time:

“Should I take NAD+ or Berberine — and which one actually helps with energy, skin, or weight rhythm?”

Holiday stress, aging, travel, sleep disruption, and inflammation can leave your body feeling tired and out of balance.

This free guide gives you a simple, clear way to understand both supplements — without hype, confusion, or medical jargon.

*Below are the 7 core differences that help you choose what supports YOUR body best.*

### 1. NAD+ supports cellular energy — not metabolism directly.



NAD+ helps your cells produce energy more efficiently.

- Best for: fatigue, low drive, dull skin, stress recovery, aging concerns.

### 2. Berberine supports metabolic rhythm — not energy directly.



Berberine helps your body regulate blood sugar, inflammation, and cravings.

- Best for: metabolism, bloating, weight rhythm, afternoon crashes.



### 3. NAD+ helps skin glow from within.

Energy → repair → hydration → radiance.

- Best for: dry skin, dull skin, early aging signs.



### 4. Berberine helps calm inflammation that shows up on skin.

Lower inflammation = fewer flares, puffiness, and redness.

- Best for: reactive skin, hormonal swings, stress-related breakouts.



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### 5. NAD+ supports repair, travel recovery, and resilience..



Stress, poor sleep, and long flights use up NAD+ quickly.

- Best for: women who feel “drained” or run down.

### 6. Berberine supports digestion and appetite regulation.



Useful for heavy meals, cravings, and irregular eating.

- Best for: bloating, cravings, blood sugar dips.

### 7. You can take both – but only if it supports your natural rhythm.



Some women benefit from NAD+ for energy + berberine for metabolic stability.

*The key is choosing based on your real needs, not trends.*

### ★ GENTLE REMINDER

- *You don't need both.*
- *You don't need the strongest supplement.*
- *You just need the one that supports your current season of life.*