EVIDENCE BRIDGE

A study is not proof of this offer.

Match the actual intervention before carrying a research finding into a buying decision.

THE STUDIED INTERVENTION

Oral NMN

One randomized trial: 80 healthy middle-aged adults, 60 days, placebo or daily NMN at 300, 600 or 900 mg.

?

MISSING MATCH

THE REVIEWED OFFER

Product not specified

The reviewed DudeMeds page does not identify a purchasable formulation, dose or route.

Ingredient	Dose	Route	Duration	Population	Outcome

Match all six. Even a match does not establish individual suitability.

Sources: reviewed Daily Intel article; DudeMeds /anti-aging; NMN trial, PubMed 36482258.

COMMITMENT MAP

Six questions before a commitment.

The reviewed page leaves these purchase details unresolved. Obtain the documents that answer them.

01

Exact intervention

What formulation, dose, route and intended use are proposed?

02

Safety and interactions

What product-specific warnings and compatibility questions apply?

03

Eligibility

What intake, testing and availability criteria govern this pathway?

04

Total cost

What is the first payment, and what follows it?

05

Renewal and cancellation

Is there a recurring charge? How and when can it be stopped?

06

Fulfillment and refunds

What is delivered, when, and under which refund conditions?

Missing information is a decision input, not proof that a product is good or bad.

Source: Daily Intel, Longevity, Anti-Aging & NAD+ Review; product and terms must be verified again.

BUYER WORKSHEET

Before you proceed.

Record an answer and its source. Leave unknowns blank; do not fill them with marketing language.

- ☐ **Exact intervention**
- ☐ **Complete label or specification**
- ☐ **Study-to-product match**
- ☐ **Risks and interactions**
- ☐ **Full first and ongoing cost**
- ☐ **Recurring charges and cancellation**
- ☐ **Fulfillment and refund terms**
- ☐ **My reason to wait or decline**

If an answer would change your decision, pause until it is documented.