

Weight and Metabolism



5-Amino 1MQ 50mg

About

5-Amino 1MQ is a small molecule being studied for its role in optimizing metabolism, reducing fat accumulation, and supporting muscle and cellular health by influencing key metabolic pathways.

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What's Included

- One bottle contains 30 capsules
- Each capsule is 50 mg

Clinical Research Potential Benefits:

- May support fat loss and muscle preservation
- May improve energy levels and metabolic function
- May reduce cellular senescence and support healthy aging
- May help regulate cholesterol and blood sugar levels

Clinical Research Suggested Use:

- 50mg capsule
- 1 capsule in the morning without food
- 4 weeks on, 2 weeks off, 4 weeks on
- Duration: 6 months

5-Amino 1MQ 50mg Mechanism of Action

- **NNMT Inhibition and Metabolic Regulation:**

- 5-Amino-1MQ functions as a selective inhibitor of nicotinamide N-methyltransferase (NNMT), an enzyme that plays a key role in cellular energy metabolism. By blocking NNMT activity, 5-Amino-1MQ increases intracellular NAD⁺ availability, enhancing mitochondrial efficiency and metabolic rate. This shift promotes improved energy utilization and supports lean body composition.

- **Fat Cell Metabolism and Lipolysis:**

- Inhibition of NNMT within adipocytes (fat cells) reduces fat storage and increases lipolytic activity. This promotes the breakdown of stored triglycerides and supports reductions in overall fat mass. Enhanced thermogenic signaling further increases calorie expenditure and metabolic activity.

- **Stimulation of Thermogenesis and Adrenergic Activation:**

- 5-Amino-1MQ upregulates β -adrenergic receptor activity, stimulating thermogenesis, the body's heat and energy production process. This mechanism boosts basal metabolic rate and facilitates fat oxidation while preserving lean muscle tissue.

- **Improved Insulin Sensitivity and Glucose Regulation:**

- By increasing NAD⁺-dependent enzyme activity, 5-Amino-1MQ improves insulin sensitivity and glucose uptake in skeletal muscle. This enhances glycemic control, reduces insulin resistance, and supports balanced metabolic function.

- **Anabolic Support and Muscle Preservation:**

- Through its effects on mitochondrial performance and metabolic signaling, 5-Amino-1MQ promotes muscle mass development and helps preserve lean tissue during fat reduction phases. The result is improved body composition, energy levels, and metabolic efficiency.

- **Systemic Metabolic Benefits:**

- Overall, 5-Amino-1MQ enhances cellular metabolism, reduces adipose accumulation, and improves energy utilization, supporting healthy weight management, metabolic flexibility, and optimal mitochondrial function.