# A Test Task

Make a list of results of clinical trials for anti-aging techniques (or drugs) on humans.

The list should contain:

* No greater than 10 articles, reports, or reviews, including links to relevant papers.
* Published no later than 2011.
* The summary of results, including participant parameters.

1. [nicotinamide](https://www.sciencedirect.com/topics/chemistry/nicotinamide) mononucleotide (NMN)

* NMN supplement intake of 12-week improve muscle function
* 42 sample size in this specific research

<https://assets.researchsquare.com/files/rs-455083/v1_covered.pdf?c=1631869536>