



Mahidol University  
Faculty of Science

Stang Mongkolsuk Library  
and Information Division

## Stang Library Training

# EndNote 21 for Windows



7 May 2025



1:00 PM – 3:00 PM



Google Meet

Kanokporn Ngamsawangrungrot, Librarian  
Stang Mongkolsuk Library & Information Division

# Introduction

- **What is EndNote?**
- **How EndNote works**
- **Compatibility and System Requirements**
- **Download Endnote Software**

# What is EndNote?

## Reference management software

- Developed by [Clarivate Analytics](#)

## Personal Reference database

- Storing, managing, and searching for bibliographic references in your private reference library

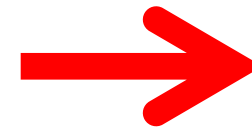
## Bibliography and manuscript maker

- Formats citations in Microsoft Word with the [Cite While You Write™](#) feature

# How EndNote Works



Books, Journals,  
Research Articles,  
E-database, etc



Create bibliography

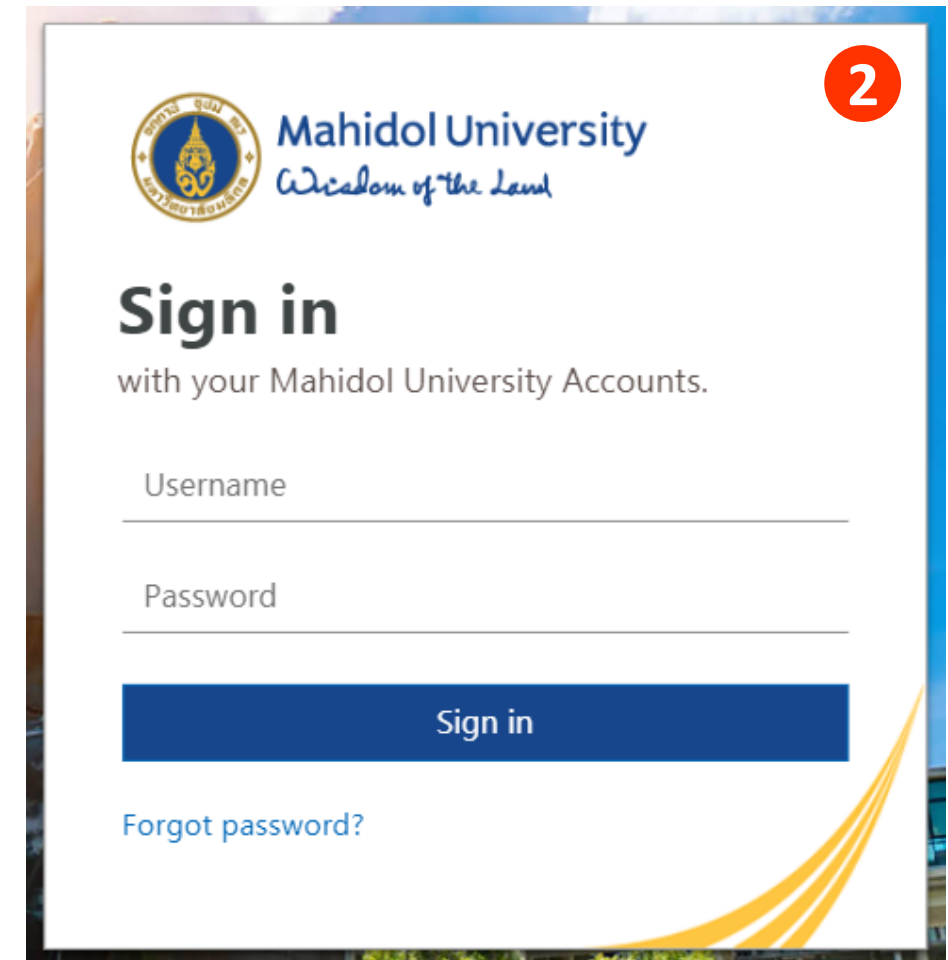
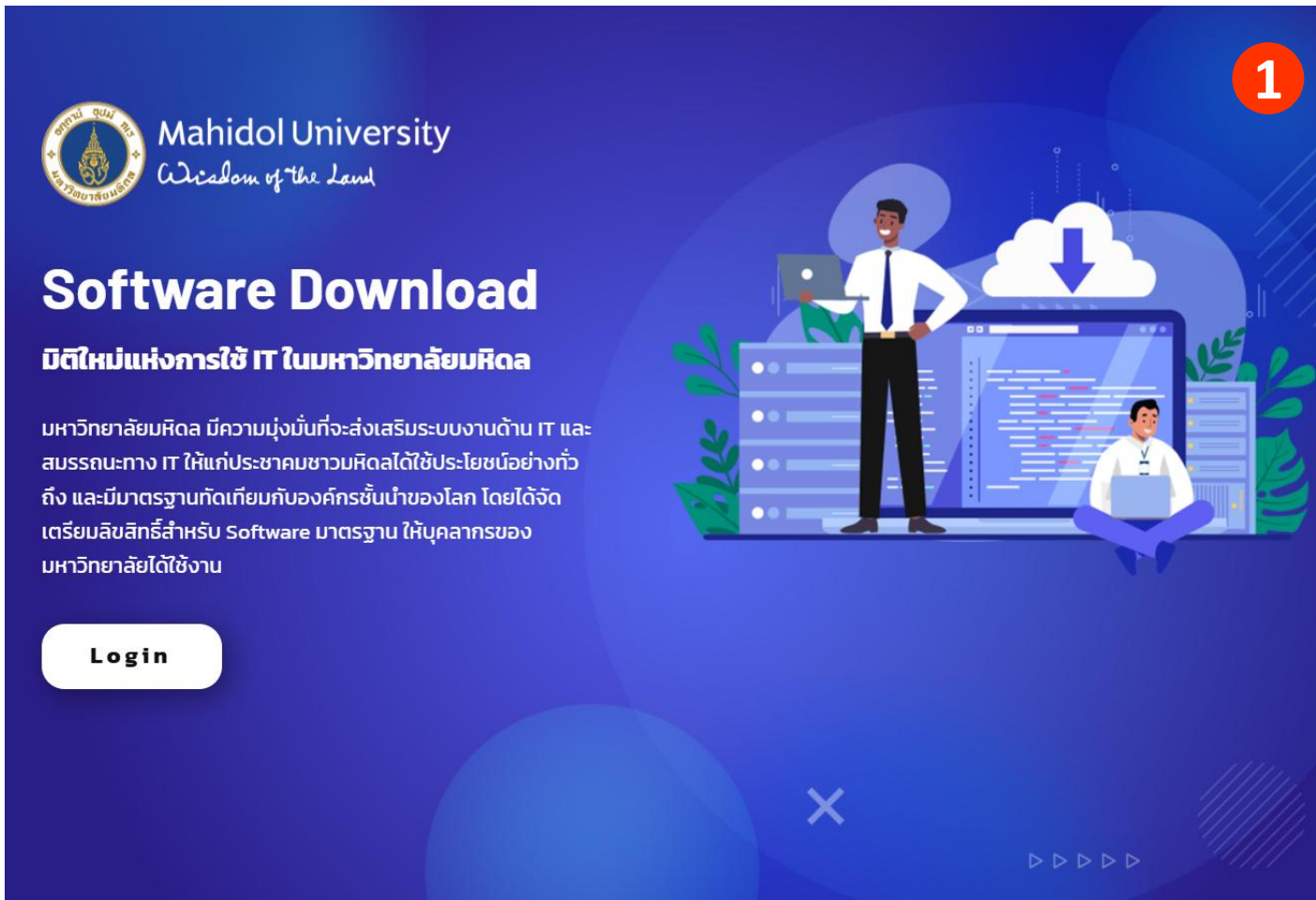
Report, Manuscript,  
Thesis, etc.

# Compatibility and System Requirements

Operating System	Version	Word processor software
Windows	<ul style="list-style-type: none"><li>• Windows 10</li><li>• Windows 11</li></ul>	Microsoft Word [CWYW] : <ul style="list-style-type: none"><li>• 2016</li><li>• 2019</li><li>• 2021</li><li>• Office 365 (locally installed desktop version only)</li></ul>
Macintosh	<ul style="list-style-type: none"><li>• macOS 10.14</li><li>• macOS 10.15</li><li>• macOS 11</li><li>• macOS 12</li><li>• macOS 13</li><li>• macOS 14</li><li>• macOS 15</li></ul>	Microsoft Word [CWYW] : <ul style="list-style-type: none"><li>• 2016</li><li>• 2019</li><li>• 2021</li><li>• Office 365 (locally installed desktop version only)</li></ul>

# Download EndNote (1)

1. Go to <https://softwaredownload.mahidol.ac.th/> (Access through MU-WiFi or VPN).
2. Login with the MU Internet account.



# Download EndNote (2)


3. Select Application Menu

4. Download an installer compatible with your operating system and key license.


มหาวิทยาลัยมหิดล  
Mahidol University  
Wisdom of the Land

Mahidol University's Software License


**3**




Microsoft Windows  
บริการระบบปฏิบัติการ Windows สำหรับ  
ส่วนงาน และบุคลากร มหาวิทยาลัยมหิดล



Microsoft Office  
บริการซอฟต์แวร์ Microsoft Office สำหรับ  
ส่วนงาน และบุคลากร มหาวิทยาลัยมหิดล




















Application  
บริการซอฟต์แวร์ลิขสิทธิ์ สำหรับส่วนงาน  
บุคลากรและนักศึกษา มหาวิทยาลัยมหิดล



ESET  
บริการซอฟต์แวร์ ESET สำหรับส่วนงาน  
บุคลากรและนักศึกษา มหาวิทยาลัยมหิดล

**4**

## EndNote

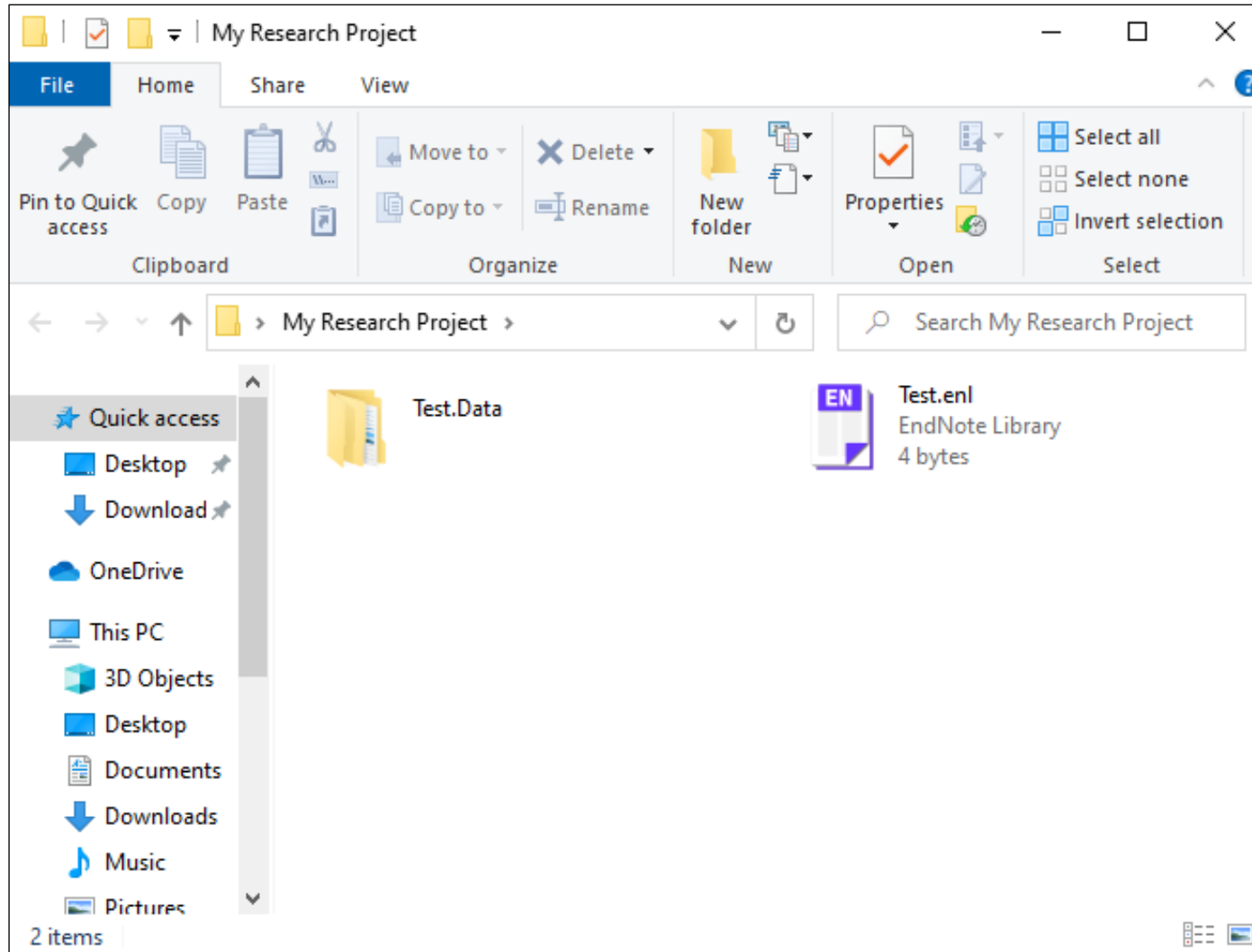
EndNote X9 for Windows			
EndNote 20 for Windows			
EndNote 21 for Windows			
EndNote X9 for Mac			
EndNote 20 for Mac			
EndNote 21 for Mac			

# **Get Started with EndNote**

- **EndNote Library Components**
- **Creating a New Library**
- **Library Overview**
- **Journal Term Lists**



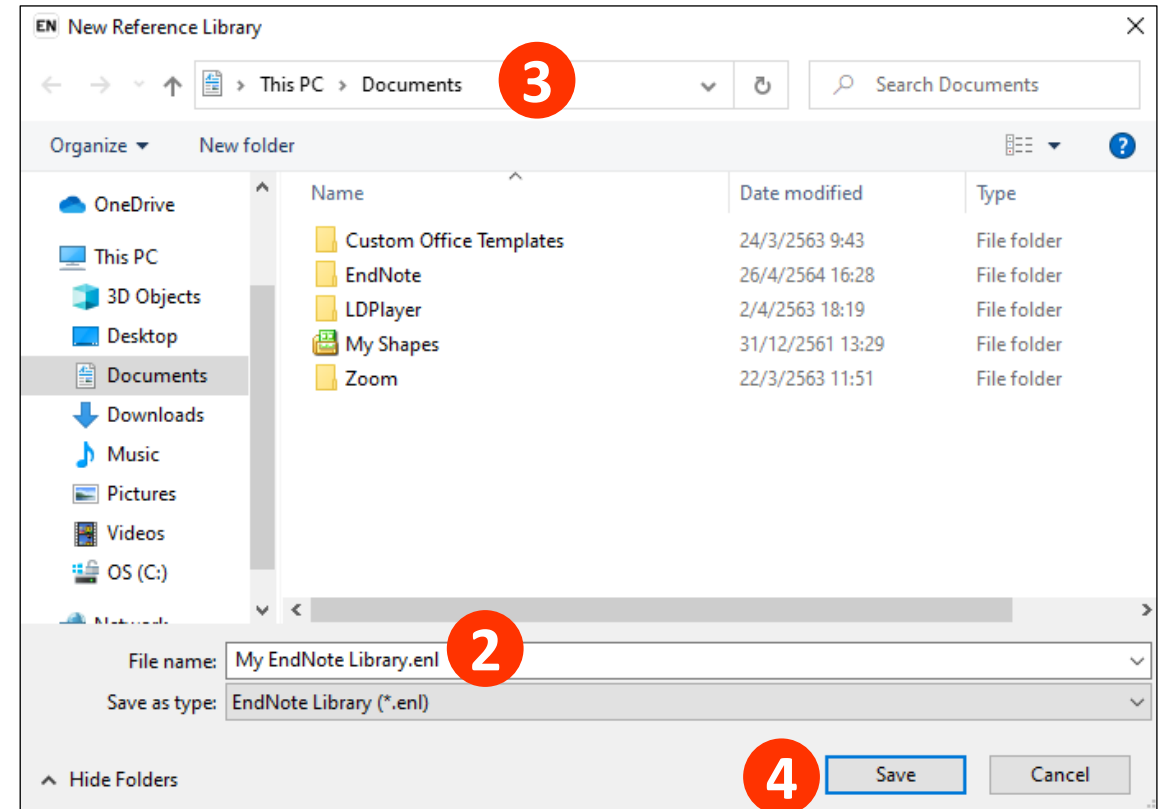
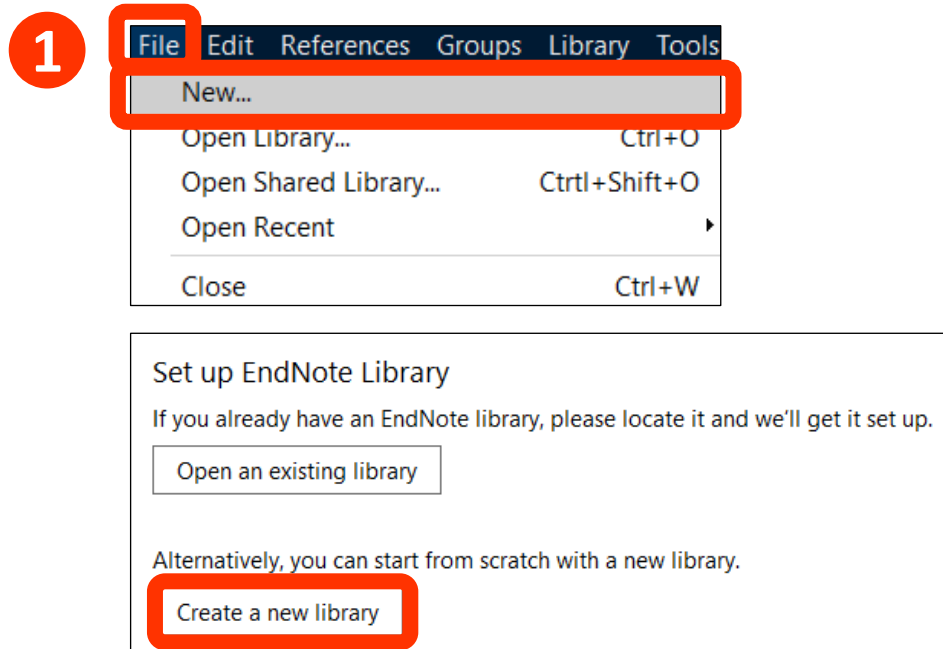
# EndNote Library Components



- EndNote libraries are made up of two parts:
  - EndNote Library file (\*.enl)
  - Data folder (\*.Data)These two parts must be kept together to work correctly.
- Keep EndNote libraries on your computer's local hard drive. Storing and editing libraries on a network drive can lead to corruption and performance issues.
- EndNote libraries should never be stored in cloud-syncing folders such as Google Drive, OneDrive, etc. Syncing folders corrupts EndNote libraries over time.

# Creating a New Library

1. Go to **File > New...** or select **Creating a New Library** from the Setup Endnote Library box.
2. EndNote presents a dialog prompting you to enter a name for your new library.
3. Select the location where you will save the library.
4. Click **Save**, then the new Endnote library appears as an empty library.



# Blank EndNote Library

EndNote 21 - Test.enl

File Edit References Groups Tags Library Tools Window Help

↻ Sync Configuration

📁 All References

🔔 Recently Added

📁 Unfiled

🗑 Trash

▼ MY GROUPS

▼ My Groups

▼ MY TAGS

▼ FIND FULL TEXT

▼ GROUPS SHARED B...

▼ ONLINE SEARCH

🌐 Library of Congress

🌐 PubMed (NLM)

🌐 Web of Science Co...

Search for group

All References

🔍

Advanced search

All References

0 References

🗣️ 📁 👤 ➦ 📄 🌐

📎	Author	Year	Title	Journal	Last Updated
---	--------	------	-------	---------	--------------

📁 No reference selected

🔗 ⚙️ ✕

Library Overview

Menu Bar

**Search panel** to find an item in your library or to query a remote database for new references to capture.

**Groups panel**

shows you both default groups and groups or group sets you create for your research projects.

**Tab panel**

The Summary tab displays a detailed overview of a selected reference. Quickly alter reference metadata from the Edit tab.

**Preview**

**panel** shows you how a reference would appear formatted with a specific output style.

File Edit References Groups Tags Library Tools Window Help

Sync Configuration

All References190

Recently Added

Unfiled1

Trash2

MY GROUPS

Avian Intelligence

Avian Cognition33

Corvids24

Corvids & Parrots6

Parrots28

Bats

Chiroptera27

Echolocation10

Echolocation OR Sonar13

Sonar8

My Groups155

MY TAGS

Bats27

Corvids21

Parrots63

FIND FULL TEXT

GROUPS SHARED BY OTHERS

search for group

All References

AuthorContains

AndYearContains

AndTitleContains

Simple searchSearch optionsSearch

All References

190 References

Author	Year	Title	Journal	Last Updated
	2009	Leaf-nosed bat	Encyclopædia...	21/08/2019
Aguilera-...	2020	Role of scaven...	Ecological I...	18/09/2020
Aizpurua,...	2016	Fishing Techni...	Plos One	18/09/2020
Allen, Glov...	2004	Bats: biology, b...		21/08/2019
Arnett, E. B...	2013	Evaluating the E...	PLoS One	18/09/2020
Avila-Flor...	2004	Ecological, tax...	Journal of Ma...	17/09/2020
Bat Conser...	2008	Bat Conservation ...		21/08/2019
Binfield, Pe...	2008	At PLoS ONE we...	PLoS: Public L...	21/08/2019
Bird, C. D.; ...	2009	Insightful probl...	Proceedings ...	17/09/2020
Blanco, G...	2019	A shot in the ...	Journal for ...	18/09/2020
Brinklov, S...	2009	Intense echoloc...	Journal of Exp...	17/09/2020

, 2009 #...

SummaryEditPDF

+ Attach file

Leaf-nosed bat

Encyclopædia Britannica

Encyclopædia Britannica Online 2009

<http://www.britannica.com/EBchecked/topic/693386/leaf-nosed-bat>

Vancouver e-pubInsertCopy

1. Leaf-nosed bat. Encyclopædia Britannica: Encyclopædia Britannica Online; 2009.

**Reference List panel** shows you the individual references stored in your EndNote library, also known as library records.

# Journal Term Lists

**Journal Term Lists** are lists of journal names in full and abbreviated form.

- These lists are used for making correct journal names in reference format.
- Help EndNote work correctly to find out the duplicate references.

Recently Added 2 References			
Author	Year	Title	Journal
Li, Zhuo; Hirst, Jonathan D.	2020	Computed optical spectra of SARS-CoV-2 proteins	Chemical Physics Letters
Li, Z.; Hirst, J. D.	2020	Computed optical spectra of SARS-CoV-2 proteins	Chem Phys Lett

*ScienceDirect\**  
give full journal name

*PubMed\**  
give abbreviated journal name

*\*Retrieving references from various sources may give the journal names in a different form.*

# Before & After defining Journal Term Lists



ScienceDirect

*Give full journal name*

Before

Vancouver ▼	Insert	Copy	▼
1. Li Z, Hirst JD. Computed optical spectra of SARS-CoV-2 proteins <b>Chemical Physics Letters.</b> 2020;758:137935.			

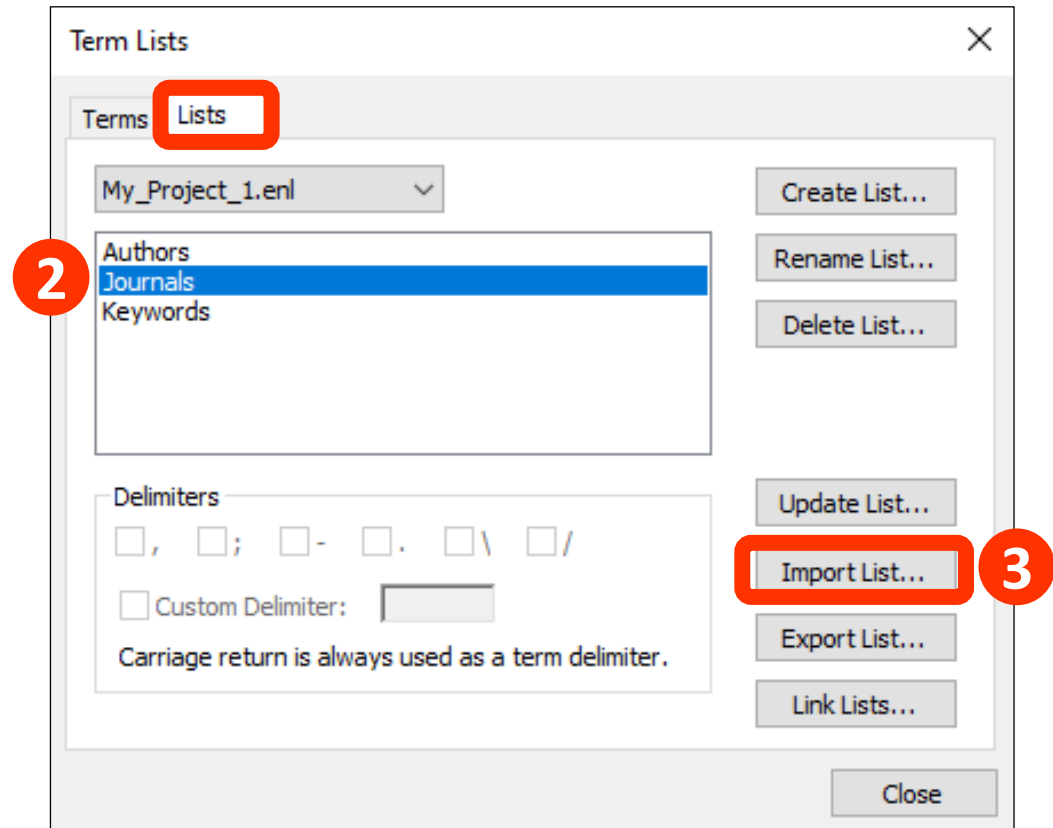
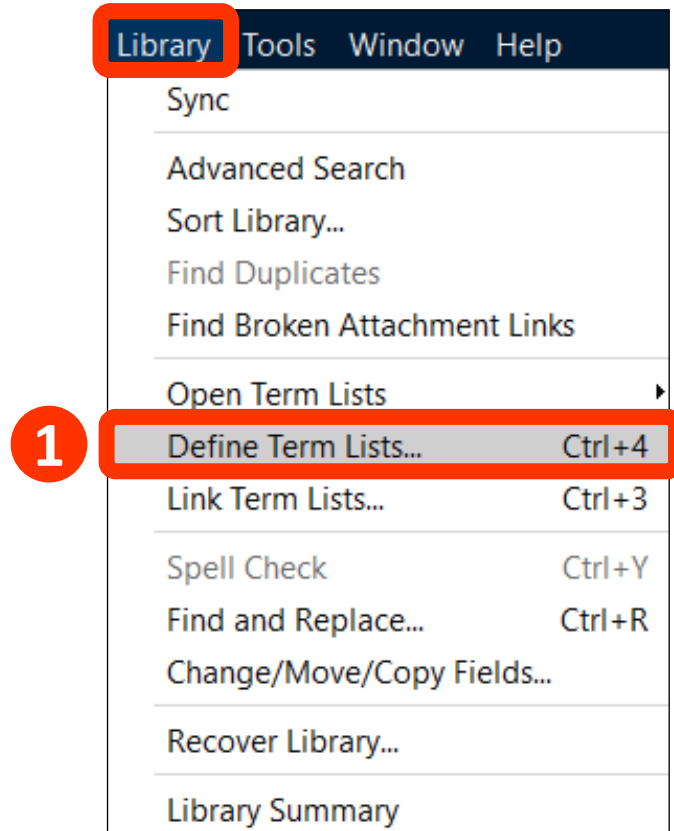
After

Vancouver ▼	Insert	Copy	▼
1. Li Z, Hirst JD. Computed optical spectra of SARS-CoV-2 proteins <b>Chem Phys Lett.</b> 2020;758:137935.			

*Vancouver Style uses the abbreviated journal names*

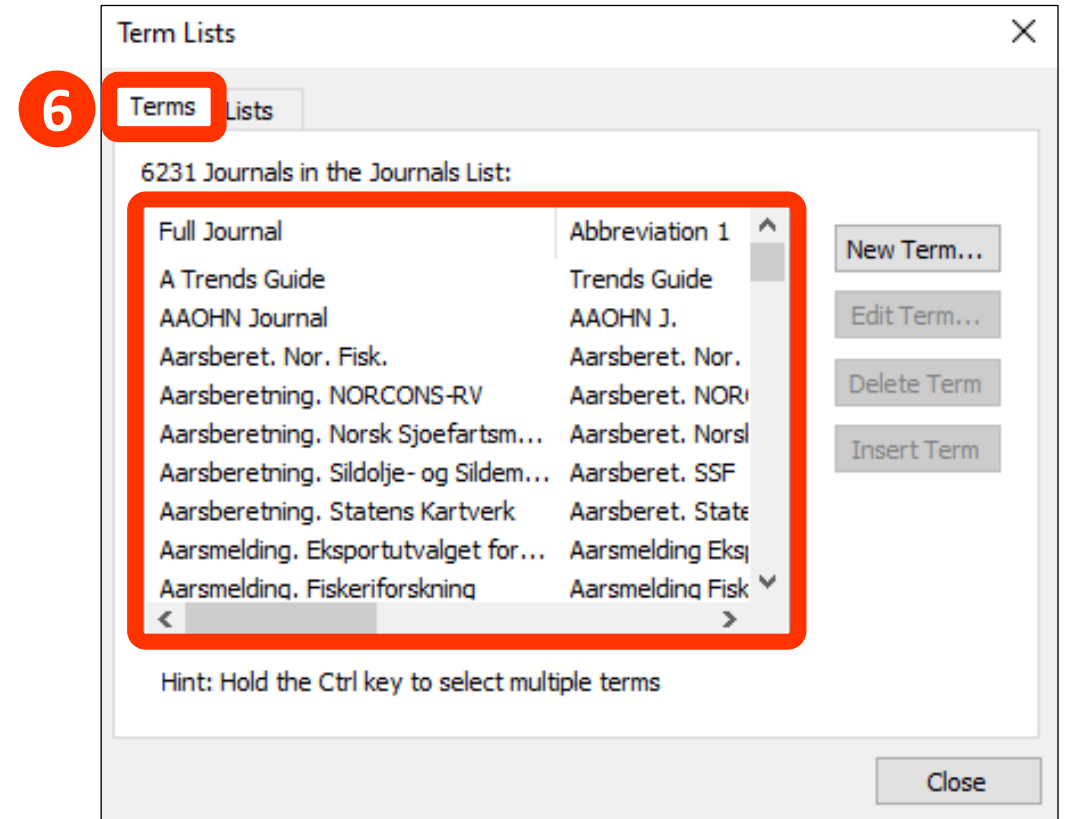
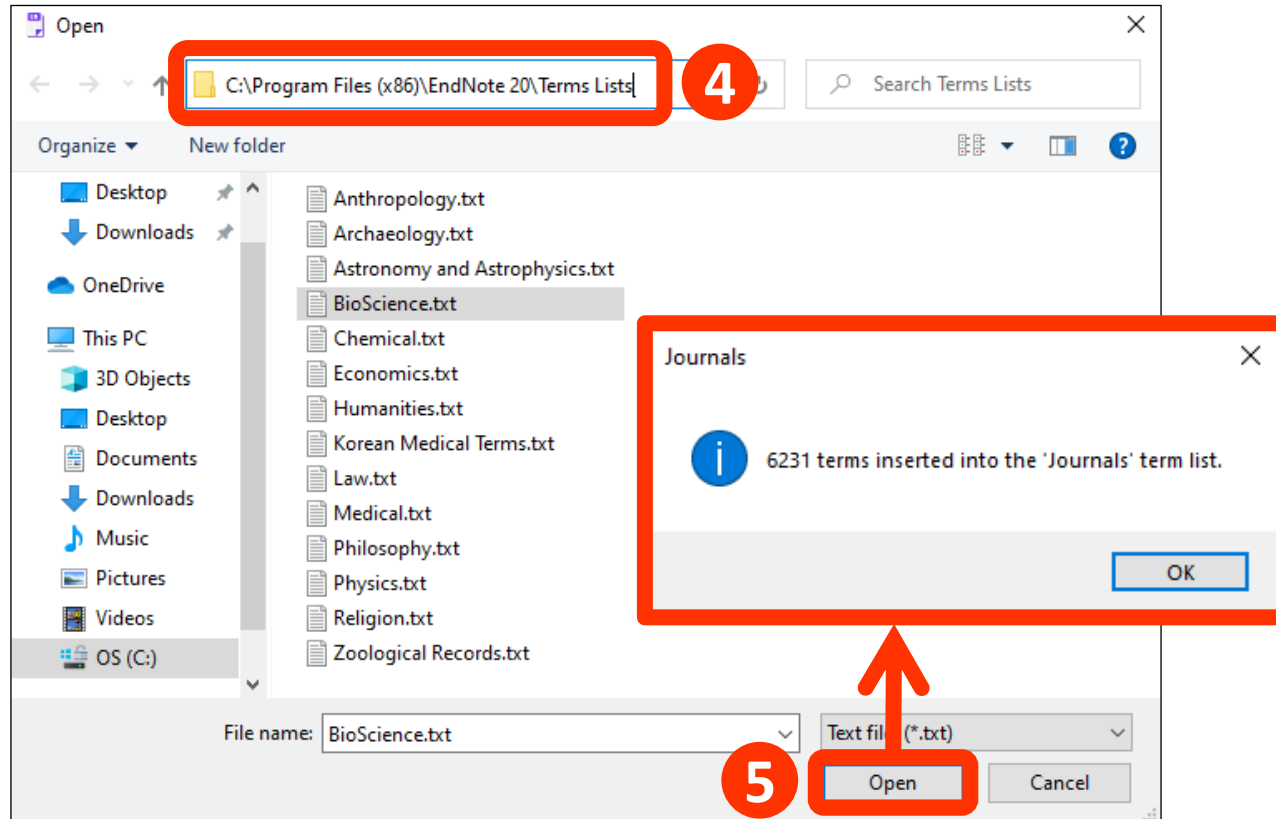
# Define Journal Term Lists (1)

1. Go to **Library > Define Term Lists...**
2. In the Term Lists box, select tab **Lists**, then select **Journals**
3. Click on **Import List...**



# Define Journal Term Lists (2)

4. Browse to **C:\Program Files (x86)\EndNote 21\Terms Lists**
5. Choose the appropriate term list files (e.g. BioScience.txt), then click **Open** to complete.
6. Select tab **Terms** to view the imported journal lists, then close.





# Entering Reference Data

- **Direct Export**
- **Import PDF**
- **Manual Typing**

# Entering Reference Data

**Direct Export**



ScienceDirect



Scopus®

Google Scholar

**Import PDF**



**Manual Typing**

New Reference (Manuscript.enl)

File Edit References Groups Library Tools Window Help

B I U X<sup>1</sup> X<sub>1</sub> 🔍 Save

Reference Type

Author

Year

Title

Journal

Volume

Part/Supplement

Issue

Pages

Start Page


Errata

Epub Date


Date

Type of Article

# Mahidol eJournal Access (EZproxy)



**Mahidol University**  
Library and Knowledge Center  
Mahidol eJournal Access

☐ I'm not a robot   
reCAPTCHA  
Privacy - Terms

firstname.sur (for staff) or u61xxx or g61xxx

type your password

028002680-9 ext.4262,4265      [Manual](#)  
[liwww@mahidol.ac.th](mailto:liwww@mahidol.ac.th)

- URL: <https://ejournal.mahidol.ac.th>
- Login with MU Internet account to access subscribed e-resources
- Support all devices with all operating systems (Windows, MacIntosh, and Linux), smartphones and tablets with iOS (iPhone / iPad) and Android

**\*\*\* Limitation \*\*\***

Must follow the links given on the library's website

# Mahidol eJournal Access (EZproxy)

The screenshot displays the Mahidol University Library website. At the top, the URL <https://stang.sc.mahidol.ac.th/> is shown. The header includes the Mahidol University logo and the text "Mahidol University Faculty of Science" and "Stang Mongkolsuk Library and Information Division". A navigation bar contains links like "Home", "About", "E-Resources", "Library Resources", "Library Services", "Research Help Desk", "IT Help Desk", "Museums", and "Contact us". The "E-Resources" menu is open, showing options like "Remote access (off-campus)", "E-DATABASES", "E-JOURNALS", "E-BOOKS", "Search Guides/ Online Tutorials", "Free Trial Databases", "Thai Databases", "THAI e-journals", "E-THESES", "E-PATENTS", "E-NEWSPAPERS & MEDIAS", "E-DICTIONARY", and "List of Libraries in Thailand". A red banner across the middle states "Access to Mahidol eJournal requires login with MU account via <https://ejournal.mahidol.ac.th>". Below this, there is a large advertisement for iPad. At the bottom, a grid of database logos is displayed, including Scopus, ScienceDirect, SciVal, SJR, Journal Citation Reports, EBSCO, SCIFINDER, ACS Publications, PubMed.gov, nature, Wiley Online Library, Springer Link, AMERICAN SOCIETY FOR MICROBIOLOGY, BMC, zbMATH, Open, Ovid, DOAJ, Google Scholar, turnitin, and EndNote. A blue box labeled 'D' highlights this grid of database logos.

MU Home SC Internet SC Intranet

<https://stang.sc.mahidol.ac.th/>

Mahidol University  
Faculty of Science

Stang Mongkolsuk Library and Information Division  
*Wisdom of the Land*

Home About **A** E-Resources Library Resources Library Services Research Help Desk IT Help Desk Museums **B** Contact us

Access to Mahidol eJournal requires login with MU account via <https://ejournal.mahidol.ac.th>

Remote access (off-campus)

- E-DATABASES
- E-JOURNALS
- E-BOOKS
- Search Guides/ Online Tutorials
- Free Trial Databases
- Thai Databases
- THAI e-journals
- E-THESES
- E-PATENTS
- E-NEWSPAPERS & MEDIAS
- E-DICTIONARY
- List of Libraries in Thailand

**C**

**D**

Co-learning Space Stang Training eJournal Access Electronic Information Service

Scopus ScienceDirect SciVal SJR Journal Citation Reports EBSCO SCIFINDER ACS Publications PubMed.gov nature Wiley Online Library Springer Link AMERICAN SOCIETY FOR MICROBIOLOGY BMC zbMATH Open Ovid DOAJ Google Scholar turnitin EndNote

You can access it by:


- (A) Selecting the **E-Resources** menu to find E-Databases, E-Journals, or E-Books
- (B) Clicking the **URL** at the top of the webpage
- (C) Clicking the **eJournal Access** button
- (D) Selecting the desired **E-databases** from the bottom of the webpage


# Direct export: ScienceDirect




ScienceDirect®

Journals & Books

 Help

 My account

 Mahidol University

Search for peer-reviewed journal articles and book chapters (including [open access](#) content)

Find articles with these terms

In this journal or book title

Author(s)

 Search


[Advanced search](#)


# EUREKA, EVERY DAY




Instantly surface, cite, compare and explore trusted evidence from deep within peer-reviewed literature with ScienceDirect AI.

[Explore ScienceDirect AI ↗](#)

 ScienceDirect AI

 Confidence in research

 Climate change

 FEEDBACK



1. Select the records you need.

2. Click **Export** at the top of the search results.

3. Click **Export citation to RIS** to download data to your device.

4. Double-click on the downloaded file to automatically open it in your library.

Find articles with these terms

coronavirus



Advanced search

1



Download 25 articles



Export

2



1



Research article • Full text access

Structural insights into the receptor-binding domain of SARS-CoV-2

Structure, Available online 29 April 2025

Chenghai Wang, Xiaoyan Nan, ... Jun Lan



View PDF

Abstract



Graphical Abstract



2



Research article • Open access

Anti-SARS-CoV-2 prodrug ATV006 has broad-spectrum antiviral activity against SARS-CoV-2 and animal coronaviruses

Acta Pharmaceutica Sinica B, Available online 10 March 2025

Tiefeng Xu, Kun Li, ... Deyin Guo



View PDF

Abstract



Graphical Abstract



Extracts



Figures



Export



Export

×

25 citations selected

> Save to RefWorks

3

Export citation to RIS

> Export citation to BibTeX

> Export citation to text

4



ScienceDirect\_citations\_1746155005304.ris  
RIS Formatted File

and animal



# Direct export: PubMed



**National Library of Medicine**  
*National Center for Biotechnology Information*

Log in



Search

Advanced

PubMed® comprises more than 38 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full text content from PubMed Central and publisher web sites.

1. Select the records you need.

2. Click **Send to** at the top of search results, then select **Citation manager**.

3. Setup the **Selection** to choose number of the results.

4. Click the **Create file** to download data to your device.

5. Double-click on the downloaded file to automatically open it in your library.

The screenshot shows the PubMed search results for 'coronavirus'. The search bar at the top contains 'coronavirus' and a 'Search' button. Below the search bar are links for 'Advanced', 'Create alert', and 'Create RSS', along with a 'User Guide' link. The search results are displayed in a table with columns for 'Cite', 'Share', and 'Send to'. The 'Send to' button is highlighted with a red box and the number 2. A dropdown menu is open, showing options: 'Clipboard', 'My Bibliography', 'Collections', and 'Citation manager'. The 'Citation manager' option is highlighted with a red box and the number 3. A red arrow points from the 'Citation manager' option to a dialog box titled 'Create a file for external citation management software'. The dialog box has a 'Selection' dropdown menu set to 'Selection (2)' and a 'Create file' button. The 'Create file' button is highlighted with a red box and the number 4. A red arrow points from the 'Create file' button to a file download notification at the bottom of the page. The notification shows a file named 'pubmed-coronaviru.nbib' (NBIB Formatted File) with a size of 5.91 KB. The file is highlighted with a red box and the number 5. A red arrow points from the file notification to a dropdown menu showing 'Selection (2)' with options 'All results on this page', 'All results', and 'Selection (2)'. The 'All results on this page' option is highlighted with a red box and the number 3.



# Direct export: Scopus



Scopus

 Search

[Lists](#)

[Sources](#)

[SciVal](#) ↗

[?](#)



[Create account](#)

[Sign in](#)

## Start exploring

[Documents](#)

[Authors](#)

[Researcher Discovery](#)

[Organizations](#)

[Search tips](#) [?](#)


Search within

Article title, Abstract, Keywords



Search documents \*

[+ Add search field](#) [Add date range](#) [Advanced document search](#) >

[Search](#) 

[Search History](#)

[Saved Searches](#)



Start searching and your history will appear here. If you need help to start searching, see our [search tips](#).

[Feedback](#)

# Direct export: Scopus

Save search

Set search alert

Search within

Article title, Abstract, Keywords

Search documents \*

coronavirus

+ Add search field

Reset

Search

1. Select the records you need.

2. Click **Export** and choose Reference managers as **EndNote (RIS)**, then it will present an Export document setting Box

Documents

Preprints

Patents

S

1,782 documents found

Export

Download

File types

CSV

RIS

BibTeX

Plain text

Reference managers

Mendeley

Refworks (RIS)

Zotero (RIS)

EndNote (RIS)

Platforms

SciVal

Export 10 documents to EndNote as a RIS file

The RIS format is used for exporting references from Scopus to a reference management tool (e.g., Zotero, EndNote, RefWorks). To import references to EndNote, open the .ris file with EndNote and follow the prompts. Make sure that .ris files are associated with EndNote on your system.

What information do you want to export?

☒ Citation information

☐ Bibliographical information

☐ Abstract & keywords

☐ Funding details

☐ Other information

☒ Author(s)

☐ Affiliations

☐ Abstract

☐ Number

☐ Tradenames & manufacturers

☒ Document title

☐ Serial identifiers (e.g. ISSN)

☐ Author keywords

☐ Acronym

☐ Accession numbers & chemicals

☒ Year

☐ PubMed ID

☐ Indexed keywords

☐ Sponsor

☐ Conference information

☒ EID

☐ Publisher

☐ Funding text

☐ Include references

☒ Source title

☐ Editor(s)

☒ Volume, issues, pages

☐ Language of original document

☒ Citation count

☐ Correspondence address

☒ Source & document type

☐ Abbreviated source title

☒ Publication stage

☒ DOI

☒ Open access

Select all information

Save as preference

Export

CoV-2 specific memory

different blood

Zhao, F., Luo, Y., Li, B., ... Zhong, N., Chen, R.

Pulmonology, 31(1), 2025

pp. 2424642

Feedback

# Direct export: Scopus

## Export 10 documents to EndNote as a RIS file


The RIS format is used for exporting references from Scopus to a reference management tool (e.g., Zotero, EndNote). To import references to EndNote, open the .ris file with EndNote and follow the prompts. Make sure that .ris files are saved in the correct location.

What information do you want to export?

<input checked="" type="checkbox"/> Citation information	<input type="checkbox"/> Bibliographical information	<input type="checkbox"/> Abstract & keywords	<input type="checkbox"/> Funding details
<hr/>	<hr/>	<hr/>	<hr/>
<input checked="" type="checkbox"/> Author(s)	<input type="checkbox"/> Affiliations	<input type="checkbox"/> Abstract	<input type="checkbox"/> Number
<input checked="" type="checkbox"/> Document title	<input type="checkbox"/> Serial identifiers (e.g. ISSN)	<input type="checkbox"/> Author keywords	<input type="checkbox"/> Acronym
<input checked="" type="checkbox"/> Year	<input type="checkbox"/> PubMed ID	<input type="checkbox"/> Indexed keywords	<input type="checkbox"/> Sponsor
<input checked="" type="checkbox"/> EID	<input type="checkbox"/> Publisher		<input type="checkbox"/> Funding text
<input checked="" type="checkbox"/> Source title	<input type="checkbox"/> Editor(s)		
<input checked="" type="checkbox"/> Volume, issues, pages	<input type="checkbox"/> Language of original document		
<input checked="" type="checkbox"/> Citation count	<input type="checkbox"/> Correspondence address		
<input checked="" type="checkbox"/> Source & document type	<input type="checkbox"/> Abbreviated source title		
<input checked="" type="checkbox"/> Publication stage			
<input checked="" type="checkbox"/> DOI			
<input checked="" type="checkbox"/> Open access			

3. Select the record's information. (at least the Citation information is recommended)
4. Click the Export to download data to your device.
5. Double-click on the downloaded file to automatically open it in your library.

Select all information

 scopus.ris  
RIS Formatted File  
1.33 MB

Export

# Direct export: Google Scholar




My profile



My library

SIGN IN

# Google Scholar

A blue square button with a white magnifying glass icon.

**Stand on the shoulders of giants**



EN

[Privacy](#) [Terms](#) [Help](#)



Articles

About 2,390,000 results (0.06 sec)

Any time

Since 2025

Since 2024

Since 2021

Custom range...

Sort by relevance

Sort by date

Any type

Review articles

☐ include patents☒ include citations☒ Create alert

## A review of coronavirus disease-2019 (COVID-19)

[T Singhal](#) - The indian journal of pediatrics, 2020 - Springer

... On 7th Jan the virus was identified as a **coronavirus** that had >95% homology with the bat **coronavirus** and > 70% homology with the human **coronavirus** 229E.

☆ Save **Cite** Cite

## Coronavirus disease-2019 (COVID-19)

[K Dhama](#), [S Khan](#), [R Tiwari](#)

... **Coronaviruses** can cause a wide range of diseases in humans and animals. The **coronavirus** 2 (SARS-CoV-2) is a new virus that has caused a global pandemic.

☆ Save **Cite** Cite

## Coronavirus pathogenesis

[SR Weiss](#), [JL Leibowitz](#)

... of murine **coronavirus** 229E. We also review the full range of human **coronavirus** diseases.

☆ Save **Cite** Cite

Cite

MLA	Singhal, Tanu. "A review of coronavirus disease-2019 (COVID-19)." <i>The indian journal of pediatrics</i> 87.4 (2020): 281-286.
APA	Singhal, T. (2020). A review of coronavirus disease-2019 (COVID-19). <i>The indian journal of pediatrics</i> , 87(4), 281-286.
Chicago	Singhal, Tanu. "A review of coronavirus disease-2019 (COVID-19)." <i>The indian journal of pediatrics</i> 87, no. 4 (2020): 281-286.
Harvard	Singhal, T., 2020. A review of coronavirus disease-2019 (COVID-19). <i>The indian journal of pediatrics</i> , 87(4), pp.281-286.
Vancouver	Singhal T. A review of coronavirus disease-2019 (COVID-19). <i>The indian journal of pediatrics</i> . 2020 Apr;87(4):281-6.

[BibTeX](#) **EndNote** [RefMan](#) [RefWorks](#)

1. Click the **Cite** icon for the record you need.
2. Click the **EndNote** to download data to your device.
3. Double-click on the downloaded file to automatically open it in your library.

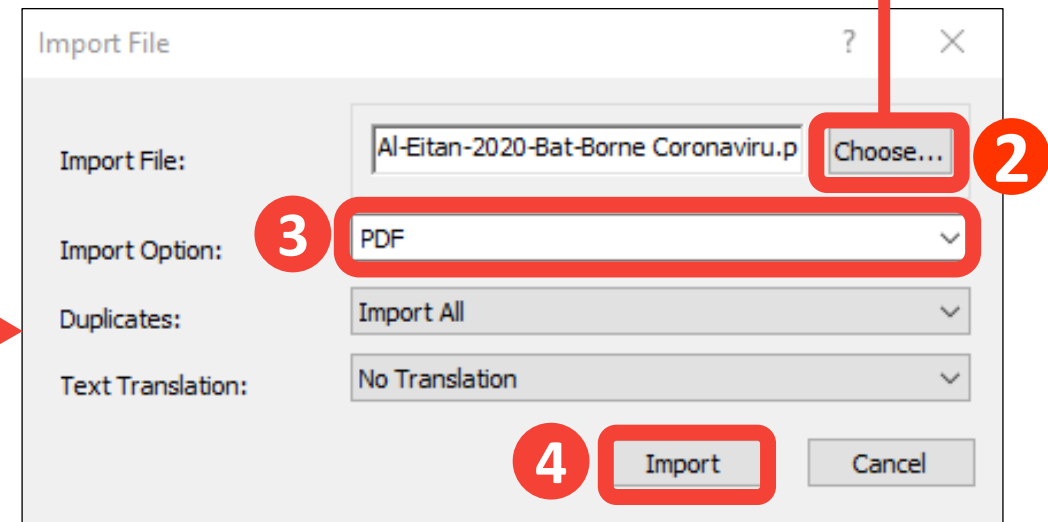
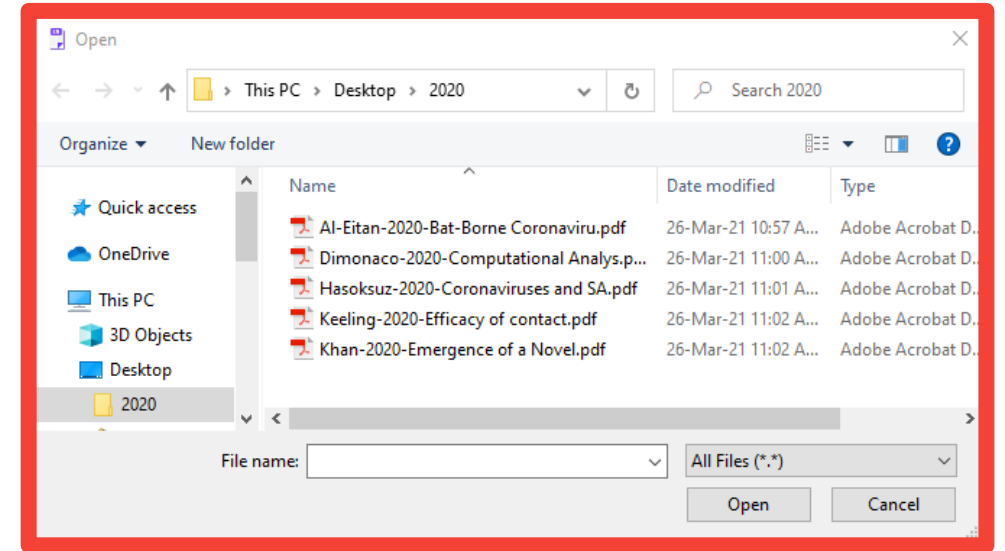
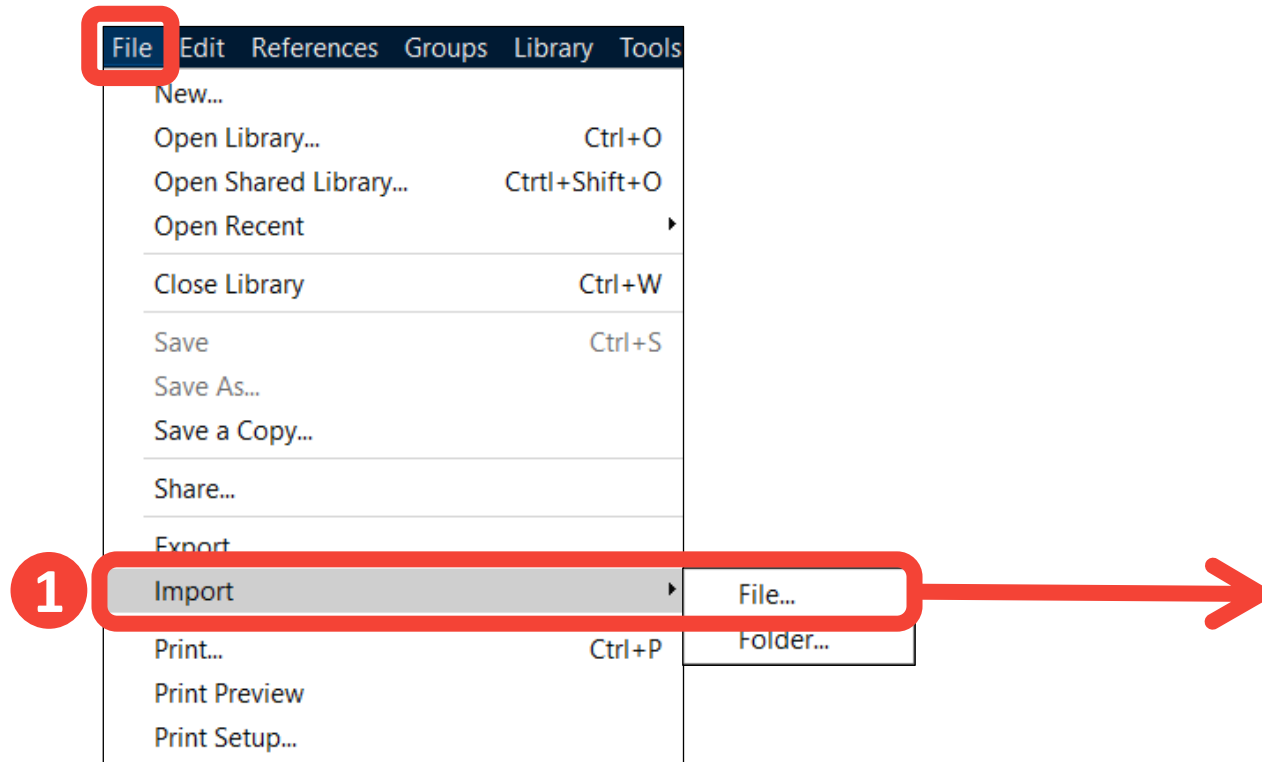
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**EN** EndNote Import File

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# Import PDF: File (1)

1. Go to **File > Import > File...** to open the Import File dialog.
2. Click **Choose** to select a PDF file from your hard drive.
3. Select Import Option as **PDF**
4. Click **Import** to import a PDF file into your library.



# Import PDF: File (2)

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PubMed (NLM)

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Search for group

Imported References

1 Reference

Author	Year	Title
Harshani Nadeeshani; Jinyao Li; T...	2022	Nicotinamide mononucleotide (NMN)...

Advanced search

Nadeeshani, 2022 #67 Summary Edit PDF

1-s2.0-S2090123221001491-main.pdf

Journal of Advanced Research 37 (2022) 267–278

Contents lists available at ScienceDirect

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Nicotinamide mononucleotide (NMN) as an anti-aging health product – Promises and safety concerns

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<sup>b</sup>Beijing Key Laboratory of Biological Resources and Genetic Engineering, College of Life Science and Technology, Tsinghua University, Tsinghua 100084, Beijing, China  
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<sup>h</sup>College of Life Sciences and Oceanography, Shenzhen University, Shenzhen 518071, Guangdong Province, China  
<sup>i</sup>College of Food Engineering and Nutrition Sciences, Shaanxi Normal University, Xi'an 710199, Shaanxi Province, China  
<sup>j</sup>College of Food Science and Technology, Nanjing University, Nanjing 210021, Jiangsu Province, China

HIGHLIGHTS

- Provides an overview of promises and safety concerns of NMN as an anti-aging product.
- Shows that NMN's beneficial effects supported by in vivo studies.
- Reveals that there is a lack of NMN's clinical safety and efficacy studies
- Suggests that proper clinical investigations are urgently needed on the effectiveness and safety of NMN supplementation.

GRAPHICAL ABSTRACT

ARTICLE INFO

Article history:

Received 26 June 2021

Revised 2 August 2021

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Keywords:

Age-induced diseases

Anti-aging

Nicotinamide adenine dinucleotide

Nicotinamide mononucleotide

Supplement

ABSTRACT

Background: Elderly population has been progressively rising in the world, thus the demand for anti-aging health products to assure longevity as well as to ameliorate age-related complications is also on the rise. Among various anti-aging health products, nicotinamide mononucleotide (NMN) has been gaining attentions of the consumers and the scientific community.

Aim of review: This article intends to provide an overview on the current knowledge on promises and safety concerns of NMN as an anti-aging health product.

Key scientific concepts of review: Nicotinamide adenine dinucleotide (NAD<sup>+</sup>) levels in the body deplete with aging and it is associated with downregulation of energy production in mitochondria, oxidative stress, DNA damage, cognitive impairment and inflammatory conditions. However, NMN, as the precursor of NAD<sup>+</sup>, can slow down this process by elevating NAD<sup>+</sup> levels in the body. A number of in vivo studies have indicated affirmative results of therapeutic effects for various age-induced complications with NMN supplementation. One preclinical and one clinical study have been conducted to investigate the safety concerns of NMN administration while a few more human clinical trials are being conducted. As there is a

Peer review under responsibility of Cairo University.

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E-mail address: j.nadeeshani@aut.ac.nz (J. Nadeeshani).

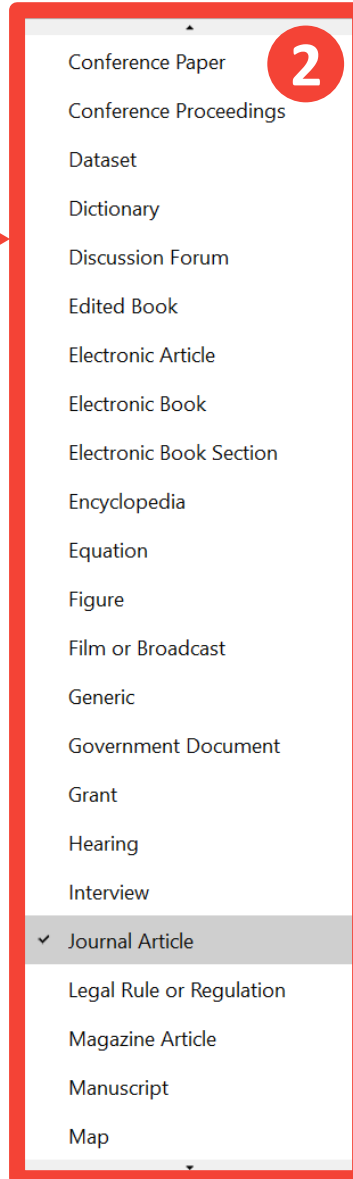
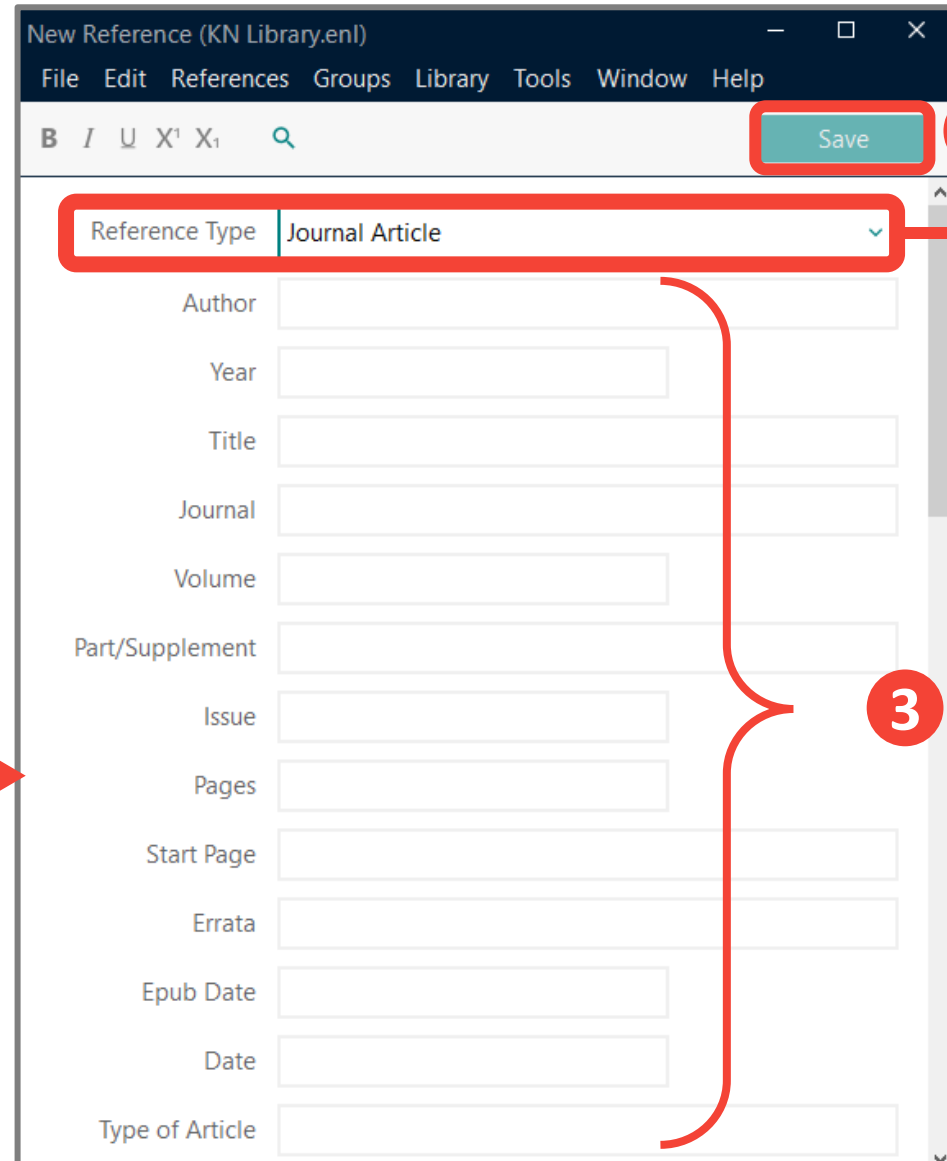
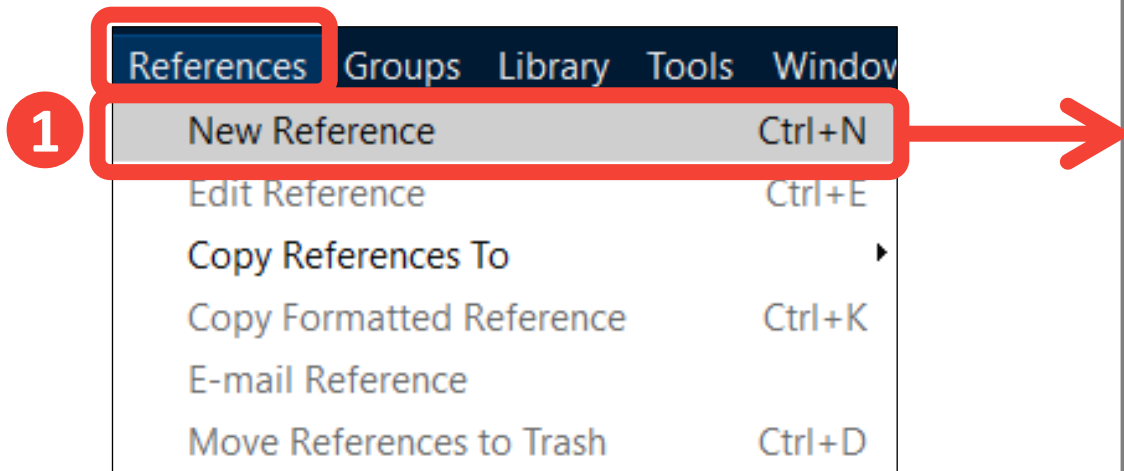
<https://doi.org/10.1016/j.jare.2022.08.003>

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# Manual Typing (1)

1. Go to **References > New Reference**.  
A blank reference window appears.
2. Select a Reference Type from the drop-down menu. (the default type is Journal Article)
3. Enter bibliographic data into the fields.
4. Saving reference by clicking the **Save**.





# Manual Typing (2)

## How to enter the author's name

- Enter one name per line.
- New Terms appear in red text.

### Author names formats

- First\_name Middle\_name Last\_name  
Albert Einstein  
Albert Lester Lehninger
- Last\_name, First\_name Middle\_name  
Einstein, Albert  
Lehninger, Albert Lester

### Institute/Corporate name formats

- add a comma after the name.  
World Health Organization,  
Mahidol University,  
คณะวิทยาศาสตร์ มหาวิทยาลัยมหิดล,

### Thai author name formats

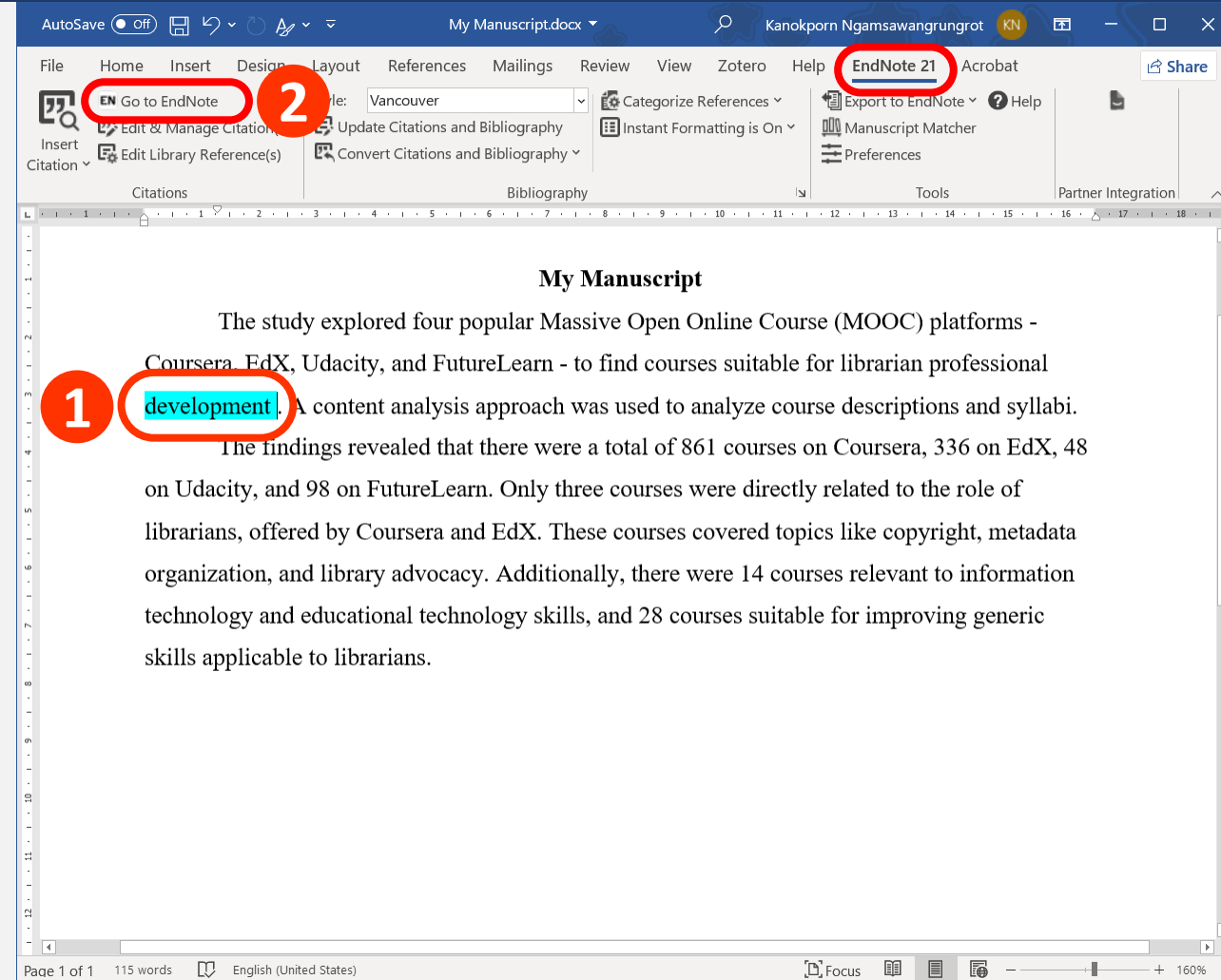
- add a comma after the name.  
กนกพร งามสว่างรุ่งโรจน์,

# **Working with MS Word**

- **Inserting Citations**
- **Edit & Manage Citations**
- **Configure Bibliography**
- **Convert Citations and Bibliography**

# Inserting Citations (1)

1. Place the cursor on the position where you would insert the citation in Word document.
2. Go to the EndNote 21 menu, and select **Go to EndNote**
3. Select the desired references from the EndNote library.
4. Click Insert **sign**.
5. The inserted citation will appear in your manuscript.  
(show as citation in text and bibliography below)



# Inserting Citations (2)

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File Edit References Groups Tags Library Tools Window Help

Sync Configuration

All References 125

My Manuscript.d... 1

Recently Added 125

Unfiled 125

Trash

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Jisc Library Hub ...

Library of Congr...

PubMed (NLM)

Web of Science ...

Search for group

All References

125 References

Advanced search

4

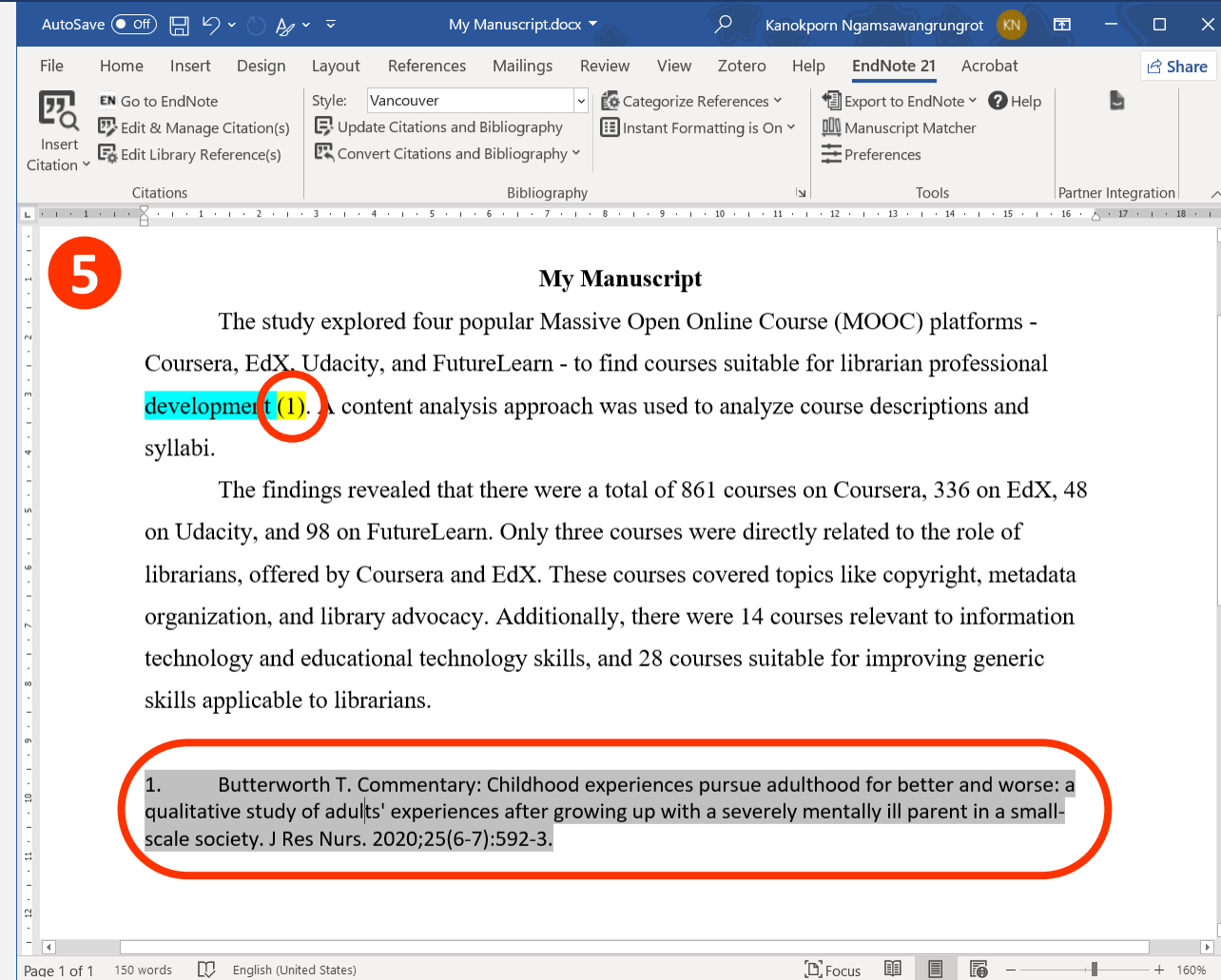
3

Author	Year	Title	Journal	Last Updated	Reference Type
Amirabadizad...	2020	Prognostic indicators in cr...	Drug Metab Per...	07/02/2025	Journal Article
Bitker, L.; Patel...	2020	Reduced urinary levels of ...	Crit Care Resusc	07/02/2025	Journal Article
Butterworth, T.	2020	Commentary: Childhood e...	J Res Nurs	07/02/2025	Journal Article
Dam, K.; Hall, E...	2020	Childhood experiences pu...	J Res Nurs	07/02/2025	Journal Article
Engelbrechtsen, S...	2020	NEWS2 versus a single-pa...	Resusc Plus	07/02/2025	Journal Article
Graham, F.	2020	Daily briefing: First drug s...	Nature	07/02/2025	Journal Article
Hernandez-Ga...	2020	Open Tracheostomy for Cr...	Int J Otolaryngol	07/02/2025	Journal Article
Kula, R.	2020	[Antibiotics therapy in criti...	Klin Mikrobiol I...	07/02/2025	Journal Article
Lerner, Z. I.; Bur...	2020	A Case Report of COVID-1...	Palliat Med Rep	07/02/2025	Journal Article
Michelangelo, ...	2020	Implementation of an exp...	J Intensive Care ...	07/02/2025	Journal Article
Rahimzadeh, P...	2020	Clinical Characteristics of ...	Anesth Pain Med	07/02/2025	Journal Article
Ramanan, M.; ...	2020	Should critically ill patient...	Crit Care Resusc	07/02/2025	Journal Article
Richards-Belle...	2020	Evaluating the clinical and ...	J Intensive Care ...	07/02/2025	Journal Article
Scarpato, G.; Ba...	2020	Ionized or Total Magnesi...	Transl Med UniSa	07/02/2025	Journal Article
Tiruvoipati, R.; ...	2020	Management of hypercap...	J Intensive Care ...	07/02/2025	Journal Article
Aramendi, I.; St...	2021	Effect of half-molar sodiu...	Med Intensiva (...)	07/02/2025	Journal Article
Bates, A.; Otta...	2021	Psychological impact of ca...	J Intensive Care ...	07/02/2025	Journal Article

1. Place the cursor on the position where you would insert the citation in Word document.
2. Go to the EndNote 21 menu, and select Go to EndNote
3. Select the desired references from your EndNote library.
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# Inserting Citations (3)

1. Place the cursor on the position where you would insert the citation in Word document.
2. Go to the EndNote 21 menu, and select Go to EndNote
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4. Click Insert **sign**.
5. The inserted citation will appear in your manuscript.  
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# Edit & Manage Citation

The screenshot shows the EndNote 21 interface. The 'EndNote 21' menu is highlighted with a red box and a red circle with the number 1. The 'Edit & Manage Citation(s)' option is also highlighted with a red box and a red circle with the number 1. A red arrow points from this option to the 'EndNote 21 Edit & Manage Citations' dialog box. The dialog box has a red circle with the number 2 next to the 'Edit Library Reference' button. The 'OK' button at the bottom right is highlighted with a red box and a red circle with the number 3.

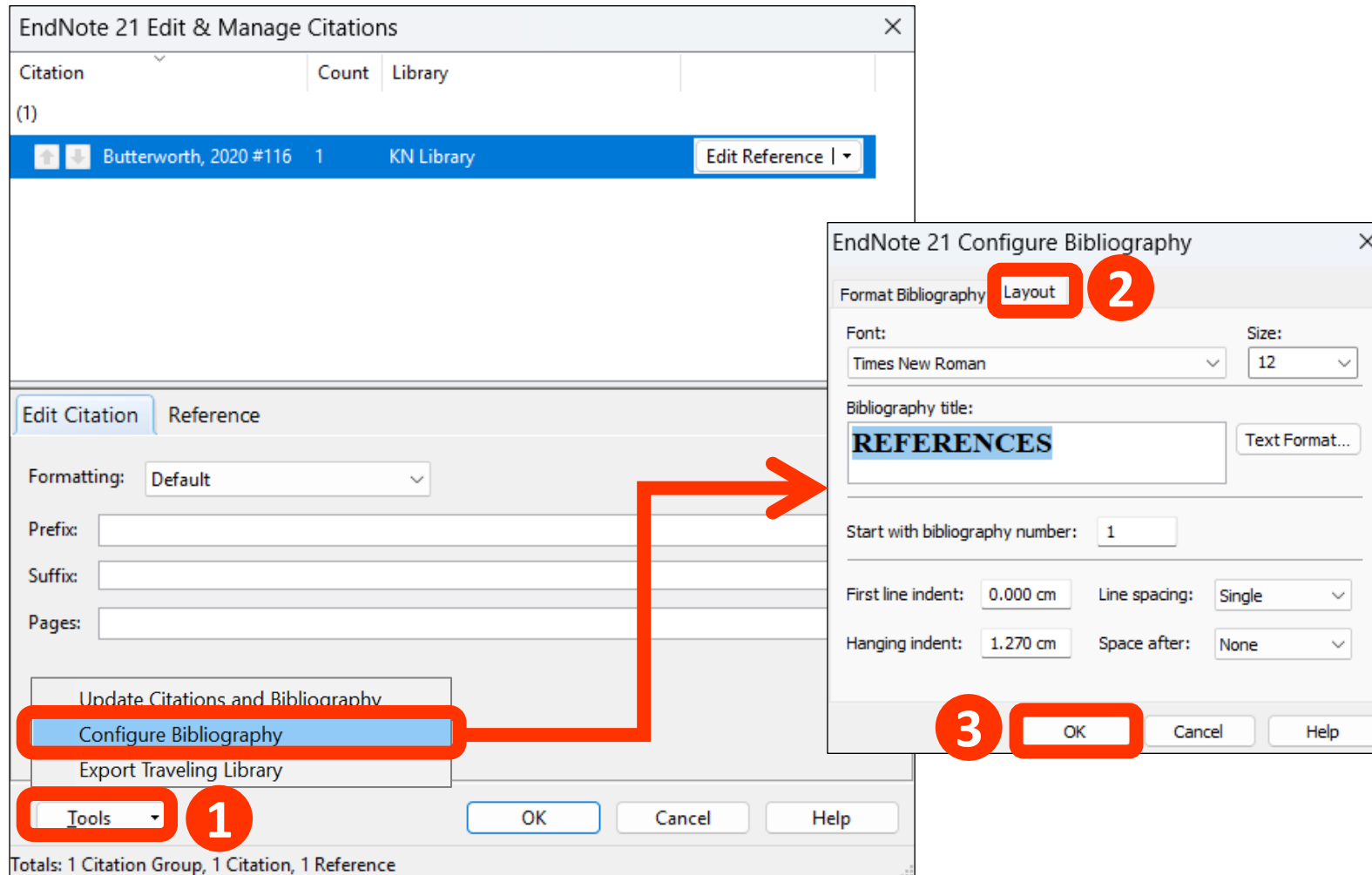
1. Go to EndNote 21 menu, select Edit & Manage Citation(s) to display **EndNote 21 Edit & Manage Citations** box.

2. You can add or remove citations from multiple citations or change the order of citations.

- **Edit Library Reference:** select this command to edit the corresponding references in EndNote directly.
- **Insert:** Use this to add another citation within the same set of delimiters.
- **Remove:** Highlight a citation and click Remove to delete it from the in-text citation.
- **Up and Down Arrows:** Highlight a reference and use the arrows to change the order of the display.

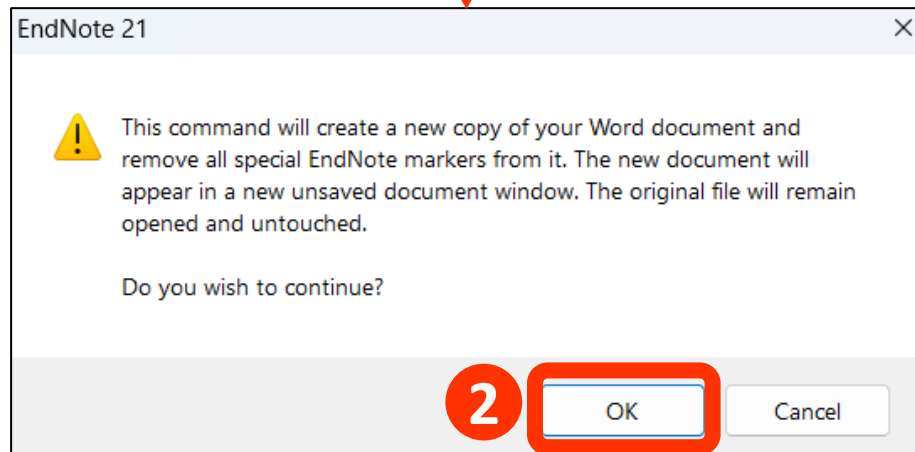
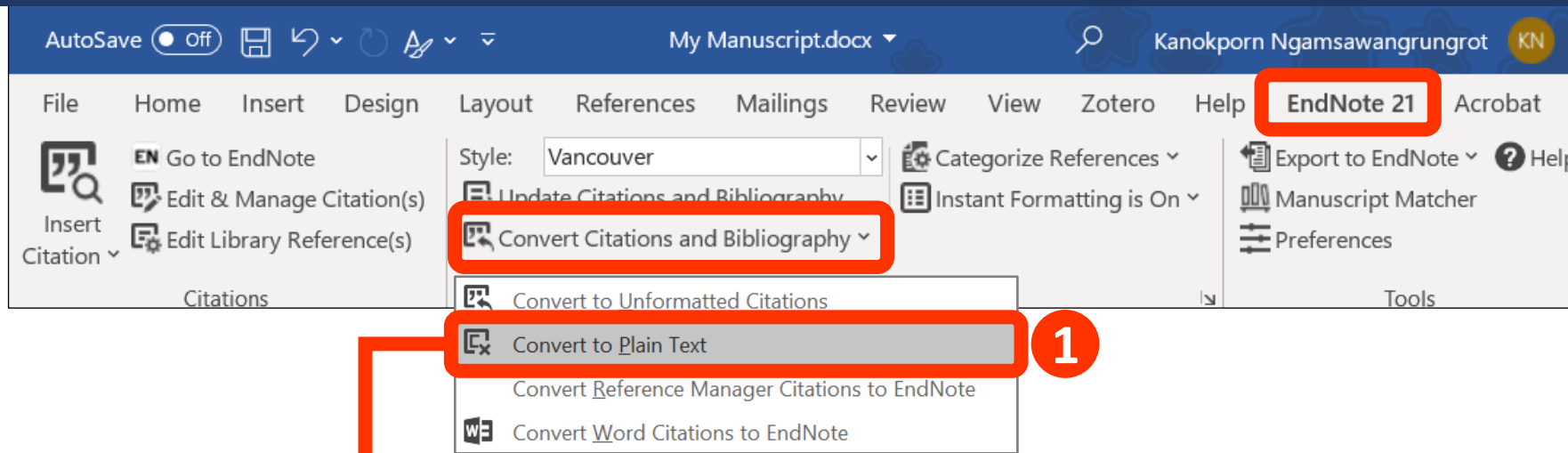
3. Click **OK** to implement your changes.

# Configure Bibliography



1. From **EndNote 21 Edit & Manage Citations** box, click on the **Tools** menu at the lower left corner, select **Configure Bibliography**
2. On the **Layout** tab, you can change or verify these settings:
  - **Font and Size:** these are the text font and size used for the bibliography.
  - **Bibliography Title:** to print a title at the top of your bibliography, type the title in this text box.
  - **Text Format:** highlight the bibliography title text and then use the Text Format button to display a dialog where you can change the format of the highlighted text.
3. Click **OK** to implement your changes.

# Convert Citations and Bibliography



You may need to remove the 'Cite While You Write' field codes to share your document with a publisher or colleague. Convert to Plain Text will save a copy of your document without formatted 'Cite While You Write' field codes. The formatted citations and the bibliography are saved as text. By following the steps;

1. Go to the EndNote 21 menu, select **Convert Citations and Bibliography > Convert to Plain Text**
2. Word presents the notification box, read, and click **OK** to continue.
3. A copy of the document, without field codes will appear in a new document window. Then you can save a new name for a copy of your document.



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