EXTENSION╬HE∆LTH

NAD+ (400mg) INJECTABLE PEPTIDE

Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme found in all living cells, crucial for various metabolic processes. It plays a key role in energy production, DNA repair, cell signaling, and regulating circadian rhythms. NAD+ levels decline with age, which is linked to the progression of numerous age-related diseases such as type 2 diabetes, cardiovascular disease, and cognitive decline. Supplementation with NAD+ has gained popularity for its potential to support cellular energy metabolism, enhance longevity, and improve overall health.

HOW IT WORKS / MECHANISM OF ACTION

NAD+ functions primarily as a coenzyme in redox reactions, assisting in the transfer of electrons and hydrogen in metabolic processes such as glycolysis, the citric acid cycle, and oxidative phosphorylation. It also serves as a substrate for enzymes like sirtuins and poly ADP-ribose polymerases (PARPs), which play crucial roles in regulating DNA repair, gene expression, and cellular stress responses. Sirtuins, in particular, use NAD+ to remove acetyl groups from proteins, thereby influencing processes like metabolism, inflammation, and stress resistance. By replenishing declining NAD+ levels, supplementation aims to restore these essential cellular functions and improve overall metabolic health.Nicotinamide adenine dinucleotide (NAD+) is an energizing coenzyme that influences several vital processes in the body. It plays a crucial role in metabolizing food into energy, regulating DNA repair, and enhancing immune system functioning. NAD+ therapy is used to boost overall energy, support cognitive function, and promote healthy aging by enhancing mitochondrial health.

BENEFITS

- Cellular Energy Production: NAD+ is essential for ATP production in the mitochondria, which helps maintain cellular energy levels. Increased NAD+ levels improve mitochondrial function, leading to enhanced energy and reduced fatigue.
- DNA Repair: NAD+ is vital for DNA repair mechanisms, specifically through the activation of PARPs. This helps protect against age-related damage, including oxidative stress, and may reduce the risk of developing certain cancers.
- Anti-Aging and Longevity: NAD+ supplementation has been linked to improved metabolic functions and enhanced longevity. Studies show that increasing NAD+ levels can support healthier aging by promoting sirtuin activity, which regulates stress resistance and cell survival.
- Cognitive Function: Clinical trials have demonstrated that NAD+ can improve cognitive performance in individuals with age-related cognitive decline. Supplementation has been associated with significant improvements in memory, attention, and overall cognitive function in elderly patients
- Metabolic Health: NAD+ supplementation has shown promising results in improving insulin sensitivity, reducing inflammation, and managing metabolic conditions such as obesity and type 2 diabetes. Clinical trials have found improved metabolic markers and reduced fat accumulation following NAD+ treatment.

CONTRAINDICATIONS

- Active Cancer: Individuals with active cancer should consult with a healthcare provider before using NAD⁺.
- Pregnant or Breastfeeding Women: The safety of NAD⁺ during pregnancy or breastfeeding has not been established.
- Liver or Kidney Disease: Individuals with liver or kidney conditions should seek medical advice before starting NAD⁺ therapy.

HELPS WITH

- Mitochondrial Health
- Energy Boost
- Anti-Aging
- Longevity
- Metabolic Health
- Cognitive Support
- Brain Health
- Neuroprotection
- Memory Enhancement
- Inflammation Reduction

- Mental Clarity
- Detoxification
- Cellular Repair
- Muscle Recovery
- Fatigue Reduction
- Mood Enhancement
- Cardiovascular Health
- DNA Repair
- Immune Support

EXPECTED EFFECTS & TIMELINE OF BENEFITS

- **1-2 Weeks**: Users may notice a slight increase in energy levels and improved focus as mitochondrial function improves. Mild enhancements in mood and reduced fatigue are also commonly reported.
- **4-6 Weeks**: Improvements in cognitive function, such as memory and attention, become more noticeable.
- 8-12 Weeks: Full benefits in metabolic health, including improved insulin sensitivity, reduced inflammation, and enhanced physical endurance, are typically observed. Clinical studies have shown that NAD+ supplementation leads to a significant reduction in markers of aging and metabolic stress within this timeframe.
- Long-term: Consistent NAD+ can promote longevity, improve skin elasticity, and reduce the risk of developing age-related diseases. Users report increased vitality and sustained improvements in physical and mental well-being over extended periods.

EXTENSION╬HE∆LTH

DOSING & INJECTION PROTOCOL

DOSING:

 $50 \text{ mg} = \frac{50 \text{ units}}{100 \text{ mg}}$ per injection.



INJECTIONS PER WEEK: 2 injections weekly.

VIAL DETAILS:

\$300

400mg / 4mL

Lasts 4 weeks.

RECOMMENDED CYCLES:

3 months on (+), 1 month off (-). 3 cycles per year.

INJECTION SITE:

NAD+ should be injected subcutaneously, into fatty areas like the stomach, thigh, or upper arm. Rotate injection sites to avoid irritation.

TIME OF DAY:

Morning injections are recommended, as it may give you a boost of energy and to take advantage of its energizing effects throughout the day. You can also take it prior to exercise.

WEEKLY PROTOCOL

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	🗖 50 units			☐ 50 units		

2 injections weekly.

MONTHLY PROTOCOL

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
NAD+	+	+	+	-	+	+	+	-	+	+	+	-
	CYCLE 1			CYCLE 2			CYCLE 3					

3 months on (+), 1 month off (-).

3 cycles per year.

POTENTIAL SIDE EFFECTS

- Immediate Discomfort: You may feel an initial flush, mild heart palpitations, or a sense of tightness immediately after the injection. This occurs because of the rapid cellular reactions triggered by NAD+ and the temporary metabolic shift in your body. These sensations are generally short-lived and harmless, lasting about 30 minutes.
- Gastrointestinal Issues: Some individuals may experience mild nausea, stomach discomfort, or diarrhea, especially when starting at higher doses.
- Headaches and Fatigue: Due to NAD+'s impact on cellular energy and blood flow, some users report headaches or temporary fatigue as the body adjusts to the treatment.
- Injection Site Reactions: Minor redness, itching, or swelling at the injection site is common and usually resolves quickly.

TIPS TO AVOID SIDE EFFECTS

- Start with a Lower Dose: To reduce the intensity of flushing or discomfort, start with a smaller dose and gradually increase it as your body adapts.
- Stay Hydrated: Drinking plenty of water before and after your injection can help reduce symptoms.
- Rotate Injection Sites: Switching up the areas where you inject can prevent irritation or bruising at the site.
- Take it Slow: Allow the injection to be administered slowly to minimize discomfort during the process

Please contact us if you experience any of the following:

- Fever of 100.4°F (38°C) or higher
- Blistering at the injection site
- Muscle aches, nausea, dizziness, or headache
- Skin rash, severe itching, vomiting, or hives

If you have any questions, feel free to message your healthcare provider through the patient portal or contact us at **646-596-7386.**