

## NAD+ (500mg) INJECTABLE PEPTIDE

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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   | • Mental Clarity        |
| • Energy Boost           | • Detoxification        |
| • Anti-Aging             | • Cellular Repair       |
| • Longevity              | • Muscle Recovery       |
| • Metabolic Health       | • Fatigue Reduction     |
| • Cognitive Support      | • Mood Enhancement      |
| • Brain Health           | • Cardiovascular Health |
| • Neuroprotection        | • DNA Repair            |
| • Memory Enhancement     | • Immune Support        |
| • Inflammation Reduction |                         |

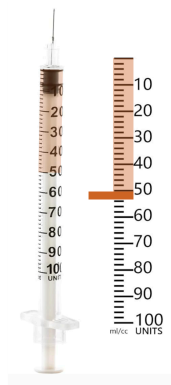
### EXPECTED EFFECTS & TIMELINE OF BENEFITS

- **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.

## DOSING &amp; INJECTION PROTOCOL

## DOSING:

50 mg = 50 units per injection.



## INJECTIONS PER WEEK:

2 injections weekly.

## VIAL DETAILS:

500mg / 5mL

Lasts 5 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 |
|-----|-----------------------------------|------|------|-----------------------------------|-----|-----|
|     | <input type="checkbox"/> 50 units |      |      | <input type="checkbox"/> 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**.