

NAD⁺ Therapy Guide

What is NAD⁺?

Nicotinamide Adenine Dinucleotide (NAD⁺) is a naturally occurring coenzyme found in every cell of the body. It plays a critical role in converting nutrients into cellular energy (ATP) and is essential for healthy mitochondrial function, DNA repair, metabolism, and normal cellular communication.

NAD⁺ levels naturally decline with age and may also decrease due to chronic stress, poor sleep, illness, alcohol use, and certain metabolic conditions.

NAD⁺ therapy is used in wellness and longevity medicine to support cellular health and optimize overall function. While research is promising, NAD⁺ therapy is not FDA-approved for anti-aging or longevity indications.

How NAD⁺ Works

NAD⁺ supports numerous biological processes, including:

- Cellular energy production (ATP)
- Mitochondrial function
- DNA repair
- Activation of sirtuins (proteins associated with healthy aging)
- Healthy metabolism
- Oxidative stress reduction
- Cellular resilience and recovery

Potential Benefits

Energy & Vitality

Many patients report:

- Increased energy
- Reduced fatigue
- Improved physical endurance
- Better exercise recovery

Cognitive Support

Potential benefits may include:

- Improved mental clarity

- Enhanced focus and concentration
- Better memory
- Reduced brain fog

Healthy Aging

NAD⁺ supports normal cellular processes involved in:

- DNA repair
- Mitochondrial health
- Cellular resilience
- Healthy aging pathways

Metabolic Health

NAD⁺ may help support:

- Healthy glucose metabolism
- Fat metabolism
- Mitochondrial efficiency
- Overall metabolic function

Recovery & Wellness

Some patients report improved recovery from:

- Intense exercise
- Physical stress
- Mental fatigue
- Jet lag
- General burnout

Who May Benefit?

NAD⁺ therapy may be considered for individuals experiencing:

- Low energy
- Brain fog
- High stress
- Busy professional lifestyles
- Age-related decline in energy
- Athletic recovery
- Wellness and longevity optimization

Administration

Common methods include:

- Subcutaneous injection
- Intramuscular injection

Your healthcare provider will determine the most appropriate route and dosing schedule based on your individual goals.

Typical Clinical Use

There is no FDA-approved standardized dosing protocol for wellness applications.

Protocols vary based on:

- Patient goals
- Age
- Overall health
- Route of administration
- Provider preference

Some patients receive therapy weekly during an initial phase, followed by less frequent maintenance treatments.

Possible side effects include:

NAD⁺ therapy is generally well tolerated.

- Injection site discomfort
- Mild nausea
- Headache
- Flushing
- Fatigue after treatment
- Lightheadedness

Contraindications & Precautions

Patients should discuss NAD⁺ therapy with their healthcare provider if they are:

- Pregnant or breastfeeding
- Experiencing acute illness
- Taking multiple prescription medications
- Managing significant liver or kidney disease

Can NAD⁺ Be Combined With Other Therapies?

NAD⁺ is commonly incorporated into comprehensive wellness programs alongside:

- MOTS-c
- CJC-1295/Ipamorelin
- Sermorelin
- GHK-Cu
- Thymosin Alpha-1 (TA-1)
- GLP-1 medications
- Nutrition and exercise programs
- Hormone optimization (when appropriate)

Your treatment plan should always be individualized by your healthcare provider.

What Patients May Notice

Some individuals report benefits within days, while others notice gradual improvements over several weeks.

Potential improvements include:

- Better energy
- Increased mental clarity
- Improved focus
- Enhanced exercise recovery
- Better overall well-being

Responses vary from person to person.

Evidence Summary

Research supports the important role of NAD⁺ in normal cellular metabolism and mitochondrial function. Investigators continue to study its potential applications in healthy aging, metabolic health, and neurodegenerative diseases. While early findings are encouraging, more high-quality clinical trials are needed to determine the long-term effectiveness of NAD⁺ therapy for many wellness indications.

Patient-Friendly Summary

NAD⁺ is a naturally occurring coenzyme that helps every cell in your body produce energy and function efficiently. As NAD⁺ levels naturally decline with age, some individuals choose NAD⁺ therapy to support energy, mental clarity, recovery, and healthy aging. While many patients report feeling more energized and focused, results vary, and NAD⁺ therapy should be used under the guidance of a qualified healthcare provider as part of a comprehensive wellness plan.

Prices and dosing:

- **\$200** for 1,000 mg vial
- Keep refrigerated
- 1000 units in the vial
- starting at 50 units injecting in fat or muscle 2-3 times a week or as needed
- 20 shots per vial
- Purchase multiple vials at the same time and receive 5% off
- Available for pick up at 700 court street, suit 3, Clearwater FL 33756