

NICOTINAMIDE ADENINE DINUCLEOTIDE (NAD+)

NAD+ (short for nicotinamide adenine dinucleotide) is a natural molecule found in every cell of your body. It plays a big role in how your body creates and uses energy. NAD+ helps turn food into usable energy by supporting important processes like metabolism. It helps repair DNA, supports healthy cell communication, and keeps your cells functioning properly. NAD+ levels naturally go down as we age, which is linked to fatigue and age-related health issues. Supporting NAD+ levels helps with overall energy, recovery, and longevity.

MITOCHONDRIAL ENERGY PRODUCTION

NAD+ is like a helper that your cells need to turn the food you eat into energy. Inside the “powerhouses” of your cells (the mitochondria), NAD+ helps move tiny particles called electrons, which creates ATP—the main fuel your body runs on. Keeping healthy levels of NAD+ is important for strong energy and healthy cell function.

MITOCHONDRIAL METABOLISM

NAD+ helps important enzymes in your body do their job. With enough NAD+, your cells can make energy and build the materials they need to stay healthy and function properly.

NEUROPROTECTION

NAD+ helps keep your brain cells (neurons) healthy and working properly. It supports the repair of damaged DNA in brain cells and encourages the production of protective factors that keep nerves strong. Research shows that raising NAD+ levels helps protect the brain and could play a role in slowing down problems linked to conditions like Alzheimer’s or Parkinson’s.

PRO-AGING

NAD+ helps control many processes linked to aging. As we get older, NAD+ levels naturally drop, which may speed up the aging process. Raising NAD+ levels may help slow this down and support healthier aging.

If you have any questions about your care, please email hello@summermedspa.com or call us at (503) 388-3334!

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BENEFITS OF NAD+

- Helps cells turn food into usable energy
- Protects brain cells and improves focus, memory, and clarity
- Helps repair damaged DNA
- Supports healthy weight management and blood sugar control
- Assists with reducing inflammation and improving muscle recovery

POTENTIAL SIDE EFFECTS

Headache, nausea, and dizziness. Upon injection, muscle tightness (including chest tightness) may occur for a moment. Injection site reactions, including redness, tenderness, or swelling are possible.

WARNINGS

NAD+ gives cells the energy they need to grow. Because of this, higher NAD+ levels may also give cancer cells more fuel to grow faster. While NAD+ is important for healthy cells, it's important to be cautious if you have a history of cancer or are at higher risk.

DOSING SUGGESTIONS MAY INJECT IM OR SUB-Q

- Inject 10 units (0.1 mL) three times weekly for 1 week
- Inject 20 units (0.2 mL) three times weekly for 1 week
- Inject 30 units (0.3 mL) three times weekly for 1 week
- Inject 40 units (0.4 mL) three times weekly for 1 week
- Inject 50 units (0.5 mL) three times weekly thereafter

Titrate to an individually effective dose, not to exceed 50 units (0.5 mL) three times weekly. A higher starting dose may be appropriate for patients who are not NAD+ naive.

Administer in the morning on an empty stomach.

If taking oral troche, dissolve one troche buccally daily in the morning on an empty stomach.

DELIVERED TO YOU

NAD+ strength is 200 mg/mL, and comes in a 6 mL vial (1,200 total mg). It is shipped overnight via FedEx to your doorstep.

STORAGE

Refrigerate upon arrival. Best by date is 45 days after initial puncture of the vial.

FOR REFILLS, CALL/TEXT YOUR PROVIDER AT 360-727-0998 WHEN YOU HAVE 3 WEEKS OF MEDICATION REMAINING.

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