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NAD+ Therapy
Patient Education

What is NAD+?

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme present in almost all cells of the body. Although we naturally produce NAD+ it, like most things, it reduces with age. This “miracle” molecule is mostly regarded for its effect on aging and is considered the closest we’ve gotten to a "fountain of youth".

NAD+ is essential in metabolic function, slows the aging process, promotes athletic function, boosts brain repair and function. NAD+ is also considered the diamond standard in functional addiction medicine for alcohol and substance withdrawal symptoms.

NAD+ acts as fuel for many key biological processes, such as:

- Converting food into energy
- Repairing damaged DNA
- Fortifying cells’ defense systems
- Setting your body’s internal clock or circadian rhythm

Low NAD+ levels have been linked to health concerns like aging and chronic illnesses, such as diabetes, heart disease, Alzheimer’s disease and vision loss

How does NAD+ work?

With intravenous and injectable NAD+ therapy, the molecule works rapidly to repair cells throughout the body and neurons in the brain. It serves as a catalyst in ultimate brain renovation, allowing us to mentally reach higher than ever before and helps overcome depression, anxiety and common mood disorders. With optimal brain function, you can make everyday a good day.

What are the reported benefits of NAD+?

- Increases metabolism
- Increases energy
- Pain alleviation
- Reduces inflammation
- Promotes healthy muscle aging
- Alleviates opiate or substance withdrawal symptoms
- Prevents and correct DNA damage
- Anti-aging benefits
- May lower heart disease risk
- May lower cancer risk

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How is NAD+ administered?

Administering a dose of NAD+ straight into the bloodstream via injections or IV, compared to other routes (i.e. oral), will provide a faster, more effective outcome and quickly optimizes the body's NAD+ levels.

Intravenous or injectable use of NAD+ activates enzymes in the bloodstream called "sirtuins" which promote the "good" aspects of your genes which facilitates staying healthier longer and reducing the side effects of aging.

What should I tell my doctor before starting Intravenous NAD+ Therapy?

You must check to make sure that it is safe for you to take NAD+ with all of your current drugs and health problems. Tell your prescribing doctor if you are pregnant or lactating and if you are allergic to anything. Also, let your doctor know if you have any chronic health problems.

This is not a list of all drugs or health problems that interact with NAD+ therapy so make sure to tell your prescribing doctor everything you know about your health and any medications that you take, including prescription or OTC, natural products, herbs, and vitamins.

What are the known side effects of NAD+ Therapy?

The vast majority of patients have no side effects or only have minor side effects. Even though it may be rare, some patients may have side effects. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to an allergic reaction like rash, hives, itching, red/swollen/blistered/peeling skin with or without fever, wheezing, tightness in the chest or throat, trouble breathing, swallowing, or talking, unusual hoarseness, or swelling of the mouth, face, lips, tongue, or throat.

Although rare, some patients may experience nausea, fatigue, headaches, diarrhea, stomach discomfort and indigestion. In addition, this medicine may irritate the vein. Tell your doctor if you have any redness, burning, pain, swelling, or leaking of fluid where the infusion is going into your body.

To minimize the risk of side effects, notify your prescribing physician if you are allergic to any medications or are currently taking medications or are under treatment for an acute or chronic medical condition.

These are not all of the side effects that may occur. If you have questions about side effects, talk to your prescribing doctor.

It is important that you continue to see your regular medical doctor for your usual health care, tests, and routine health maintenance. We are not replacing your primary physician.