

YOUR NAD+ THERAPY GUIDE

NAD+ therapy

Everything you need to know about NAD+ — how it works, your options, and what to expect as your cells recharge.

NAD+ IV: 250mg–1000mg

NAD+ INJECTION: \$0.50/mg

01 THE BASICS

What is NAD+?

NAD+ (Nicotinamide Adenine Dinucleotide) is a coenzyme found in every cell. It's essential for energy production, DNA repair, and healthy aging.

By age 50, your NAD+ levels have declined by roughly 50%. Restoring NAD+ supports cellular function across your entire body — from your brain to your muscles to your immune system.

02 HOW IT WORKS

What NAD+ does for

your body

NAD+ is involved in hundreds of metabolic processes. Here's what matters most.

Cellular Energy

Converts food into ATP — your cells' energy currency. More NAD+ means more efficient energy production at the cellular level.

Brain Function

Supports neuronal health and mental clarity. NAD+ fuels the brain cells responsible for focus, memory, and cognitive performance.

Metabolic Health

Supports glucose metabolism and lipid balance. Helps your body process nutrients more efficiently.

DNA Repair

Activates PARP enzymes that repair damaged DNA. This is essential for preventing cellular aging and supporting long-term health.

Healthy Aging

Activates sirtuins — proteins that regulate aging, inflammation, and stress response. Often called the "longevity proteins."

Recovery

Accelerates cellular repair and reduces inflammation. Supports faster recovery from exercise, illness, and stress.

03 IV INFUSIONS

NAD+ IV pricing

Higher doses provide deeper cellular benefits. Your provider will recommend the right dose for your goals.

250MG

\$375

Great starting point. Ideal for first-time NAD+ patients or maintenance sessions.

MOST POPULAR

500MG

\$525

Full cellular benefit. The sweet spot for most patients seeking energy and clarity.

750MG

\$650

High-dose protocol for patients seeking maximum cellular recharge.

1000MG

\$775

Maximum dose. Recommended for intensive protocols or significant NAD+ depletion.

04 INJECTIONS

NAD+ injection pricing

Self-administered at home. \$0.50 per mg. A convenient way to maintain NAD+ levels between IV sessions or as a standalone protocol.

50mg	\$25
75mg	\$37.50
100mg	\$50
125mg	\$62.50
150mg	\$75

Recommended Protocols

Injection Protocol: 12 weeks, 3x per week, self-administered at home. IV Protocol: Quarterly — 5 IVs in 10 days + monthly maintenance IVs.

05 INSTRUCTIONS

What to know before

your session

1

HYDRATE

Drink plenty of water before and after your session. Hydration supports absorption and reduces potential side effects.

2

RELAX DURING INFUSION

IV sessions last 1–4 hours depending on dose. Bring something to read, watch, or work on. You'll be comfortable the entire time.

3

FOR INJECTIONS

We teach you subcutaneous injection technique at the clinic. Self-administer at home. Refrigerate vials. Consistent 3x/week dosing for best results.

4

LISTEN TO YOUR BODY

Some patients feel energized immediately; others notice gradual improvement over days. Both responses are normal.

06 TIMELINE

What to expect

NAD+ benefits build over time. Here's what patients typically experience.

AFTER FIRST IV

Many notice improved clarity and energy within hours to days. Some feel a calm, focused alertness.

MONTH 2–3

Deeper cellular repair. Sustained energy improvements. Brain fog significantly reduced.

WEEK 2–4

Cumulative benefits build — better sleep, mental sharpness, faster recovery from exercise and stress.

ONGOING

Maintenance protocol keeps levels optimized. Most patients settle into a rhythm of monthly IVs or regular injections.

Important safety information

NOT RECOMMENDED IF YOU ARE:

- ✗ Pregnant or breastfeeding
- ✗ Managing uncontrolled medical conditions
- ✗ Taking medications that may interact (discuss with provider)

POSSIBLE SIDE EFFECTS:

- Mild nausea during IV infusion
- Flushing or warmth
- Chest tightness (resolved by slowing drip rate)
- Mild soreness at injection site
- Temporary headache

IV side effects are typically resolved by slowing the infusion rate. Let your nurse know if you experience discomfort.

Important: Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease.

Questions? We're here.

Whether you want to schedule your next session or explore a protocol, our team can help.

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