



NAD+

Mitochondrial Function

What is NAD+?

NAD+ stimulates the ability to improve these batteries (mitochondria), which are vital to nearly EVERY biochemical reaction and cellular process in your body. Therefore, increasing mitochondrial function is one of the most effective ways to increase your

Key Areas of Concern

- **Mitochondria:** All cells have tiny batteries called mitochondria that, in many ways, is a cell's source for life. Mitochondria are the singular part of the cell where our basic life requirements - air and food - are combined to make energy for the whole body.

Why your Practitioner may be recommending NAD+?

Anti-aging:

- Activates longevity genes.
- Improves your own antioxidant system and detoxification
- Improves energy
- Regulates the circadian rhythm for better sleep
- Enhances cognitive function

Weight Loss

- Improves the body's ability to burn fat
- Enhances metabolism

How to take it and what to expect:

NAD+ can be administered as a subcutaneous injection or nasal spray.

- Recommended dosing schedule: 50mg-200mg, 3x a week

Note: Most providers will start with 25mg-50mg, then increase by 50mg depending on your tolerance and response.

- Patients report feeling a boost in energy, focus, and clarity when taking NAD+.
- Some clinics may administer high-dose NAD+ via IV.
- NAD+ is generally tolerated quite well when properly administered by a physician.
- Higher doses can cause anxiety, which is why your provider will titrate your dosage according to your response.