

NAD+ Consultation Checklist

Printable prep list for energy goals, sleep, medications, and training load.

Goals & current symptoms

- ☐ List your top energy / recovery / cognitive goals.
- ☐ Note fatigue pattern (morning, afternoon crash, post-workout, sleep-related).
- ☐ Rate sleep quality, stress, and brain fog on a simple 1-10 scale.
- ☐ Describe current training load and recovery between sessions.

History & medications

- ☐ Full medication and supplement list (including stimulants and nootropics).
- ☐ History of anxiety, blood pressure issues, or sensitivity to injections/infusions.
- ☐ Prior NAD+, glutathione, methylene blue, or IV therapy experience.
- ☐ Any recent illness, infection, or immune concerns to discuss.

Labs & lifestyle context

- ☐ Bring recent CBC, CMP, thyroid, vitamin B-12 / D labs if available.
- ☐ Note caffeine intake, alcohol use, and sleep schedule.
- ☐ List travel, shift work, or high-stress periods that affect energy.

If injectable therapy is prescribed

- ☐ Review Vita Bella injection / reconstitution resources before first dose.
- ☐ Confirm storage, dosing schedule, and how to message about side effects.
- ☐ Schedule follow-up as directed to reassess energy and labs.

Educational prep sheet only - not medical advice. Bring this list to your Vita Bella consultation. Your licensed provider will personalize labs, dosing, and next steps. Never start, stop, or change medication without clinician guidance.