What to Expect with NAD+ Therapy

What is NAD+ therapy

Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme in our bodies that helps with many processes within the cell including energy production, metabolism, and cellular turnover.

Benefits of NAD+

The benefits of NAD+ are numerous. NAD has been shown to:

- Improve energy levels
- Improve cognitive performance (brain fog and memory)
- Help with cellular turnover (healthy aging)
- Possible prevention of age-related diseases

Normal Effects of taking NAD+

When taking NAD+ there are some temporary effects that you might notice after injection. If any of these common issues concern you, please reach out to your physician immediately.

- Increase in heart rate or blood pressure
- Jitteriness, is sometimes described as being antsy.

Normal Dosing for NAD+ (How to take it!)

NAD+ comes lyophilized. This means that it comes as a powder form and bacteriostatic water must be added to reconstitute. This creates it's liquid form that can be injected.

Steps to Reconstitution of lyophilized NAD+

1. Pop the plastic cap off the Bacteriostatic water vial that came with your NAD+ and pop the plastic cap off of the NAD+ vial.
2. Take your Mixing Needle/Syringe (a 10ml syringe with needle attached) out of the packaging.
3. Take an alcohol pad and wipe the rubber stoppers on top of each vial (both bacteriostatic water and NAD+ vials).
4. Inject the mixing needle/syringe into the bacteriostatic water through the rubber stopper and while holding the vial upside down, pull out 10mL of bacteriostatic water. Once at 10mL, pull out the mixing needle.
5. Take the mixing needle/syringe (now 10ml full of bacteriostatic water) and push into the rubber stopper of the NAD+ vial. The pressure of the vial will pull the fluid into the vial. Once the syringe is empty, remove the needle from the stopper.
6. Slowly flip the NAD+ vial back and forth in in between your fingers to mix the solution.
7. Your NAD+ is ready for use. Dispose of the mixing syringe/needle and the bacteriostatic water (you will not use either of these moving forward).

NAD+ dosing should always be started low as everyone reacts differently. Typically, starting at 25mg. If you tolerate 25mg, you can increase it to 50mg (increasing 25mg) the next time you take it. We recommend you do not exceed 100mg per day. Below is a dosing chart to help with the standard conversion. Consult with your provider if you have any questions.

NAD+ (100mg/ml)

- Start at 25mg = 0.25mL
- 50mg = 0.50mL
- 75mg = 0.75mL
- 100mg = 1.0mL

Side Effects of taking NAD+

NAD+ has limited documented side effects, if you feel you are experiencing any abnormal effects of the therapy, please contact your physician. The most common side effects are nausea, muscle cramping/tightness, headache, increased heart rate and blood pressure. These are the most common risks and side effects seen. This is not a comprehensive list- For all side effects and risks please see the section at the end of this guide.

Please read through fully to make sure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.

Frequently Asked Questions (FAQs) around NAD+

Can I take too much NAD+?

The dose of NAD+ is not determined directly by your size or weight and even a small dose can be felt by large individuals. NAD+ should be started at a lower dose and titrated up (increased dose) with your tolerance and in conjunction with your physician. If taken too high of a dose too quickly, it can make the heart race, an increased blood pressure, muscle tightness, and anxiety symptoms.

What time should I take NAD+ during the day?

You can inject NAD+ anytime during the day but some individuals do report that it has kept them up if taken too late in the day. If you're going to workout, take your NAD+ after your workout- not before.

Are there any disqualifiers for taking NAD+?

NAD+ is relatively safe as it's already inside all of our cells. There are some disqualifiers that your physician should be aware of including heart disease, personal history of cancers, and hyperthyroidism. If you have any questions about this, please discuss them with your provider.

Additional Risks and Side Effects:

In addition to the listed side effects and risks mentioned above, this is a more comprehensive list.

Please read through fully to make sure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.

Additional Adverse considerations -

- Previous cancer reactivation risk
- Hypertension exacerbation, increased risk of major adverse cardiovascular events (MACE), heart attack, stroke, heart failure
- Irritation to the skin, dilation of skin capillaries, skin flushing and itching.
- Nausea and vomiting
- Increase in liver fat in a choline deficiency
- Reduction in sperm quality
- Degeneration of nerve damage

References

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