

Overview of NAD⁺ Peptide Therapy

What It Is:

NAD⁺ (nicotinamide adenine dinucleotide) is a vital coenzyme in all living cells. It is critical in energy metabolism, DNA repair, and overall cellular health.

Why It's Used:

NAD⁺ therapy is increasingly explored for its potential to

- Enhance cellular energy production and mitochondrial function.
- Support brain health and cognitive function.
- Promote anti-aging effects by assisting in cellular repair.
- Improve overall vitality and metabolic function.

Benefits of NAD⁺ Therapy

Enhanced Cellular Energy:

NAD⁺ is fundamental in energy production, supporting mitochondrial function and helping cells generate the energy they need.

Anti-Aging and Cellular Repair:

By facilitating DNA repair and other cellular processes, NAD⁺ may help reduce signs of aging and promote overall cellular rejuvenation.

Cognitive Support:

Some studies suggest that NAD⁺ therapy might support brain health, potentially improving cognitive function and mental clarity.

Improved Metabolic Function:

NAD⁺ can play a role in regulating metabolism, which may contribute to overall improved vitality and wellness.

Dosing:

Type: Nicotinamide Adenine Dinucleotide – Naturally occurring in the body but declines with age

Dosing: 20-30 units IM, 2-3 times per week as tolerated

Mixing bacteriostatic water: 2ml into peptide vial

Schedule: 2-3 injections per week

Amount per injection: 20 units

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Reconstitution: Mixing with Bacteriostatic Water

Proper reconstitution is critical to maintain stability and potency for peptide formulations provided as a lyophilized (powder) product.

Purpose of Bacteriostatic Water:

It is used to safely reconstitute the powder because it contains a preservative to help keep the solution sterile.

Step-by-Step Mixing Instructions:

Gather Supplies:

- NAD⁺ powder vial
- Bacteriostatic water vial
- A sterile syringe and needle
- Alcohol swabs

Prepare the Vials:

- Clean the tops of both vials with an alcohol swab.

Inject the Bacteriostatic Water:

- Draw the prescribed amount of bacteriostatic water into the syringe.
- Insert the needle into the NAD⁺ powder vial and inject the water slowly, directing the stream along the side of the vial to minimize foam formation.

Mix Gently:

- Gently swirl the vial to help dissolve the powder completely. Avoid shaking vigorously, as this can affect the integrity of the compound.

Ensure Complete Dissolution:

- Confirm that the powder has fully dissolved, and that the solution appears as expected. Check the manufacturer's instructions for any specifics.

Storage:

- Store the reconstituted solution according to guidelines—typically in a refrigerator—to maintain its potency.

Overview of NAD+ Peptide Therapy

Important Patient Details

Administration Methods:

- NAD⁺ is often administered via IV infusion. In some cases, patients may use injection protocols if appropriately reconstituted at home.
- Patients must receive proper training if they are self-administering injections.

Dosage and Schedule:

- Strict adherence to the dosing schedule prescribed by the healthcare provider is crucial.
- Dosage may vary based on individual health needs and treatment goals.

Potential Side Effects:

- Injection site reactions (e.g., redness, swelling, or discomfort)
- Possible mild systemic effects such as fatigue or headache
- Patients should immediately report any severe or unexpected symptoms.

Storage and Handling:

- Once reconstituted, follow storage recommendations carefully (usually refrigeration) to ensure the solution remains effective.
- Maintain a clean technique to avoid contamination during reconstitution and administration.

Monitoring and Follow-Up:

- Patients should have regular follow-up appointments to monitor treatment efficacy and any adverse effects.
- Adjustments to the dosage or therapy may be made based on these evaluations by your provider only.
- We will utilize our comprehensive lab panel to track results.