

NAD+ Products Overview

NAD+ 200MG/ML INJECTION

- Injection available as a 200 mg/mL subcutaneous solution containing preservative
- Packaging: 2 mL multi-dose vial
- Storage instructions: to be kept refrigerated

NAD+ 300MG/ML NASAL SPRAY

- Nasal Spray available as a 300mg/ml spray
- Packaging: Metered-dose nasal spray bottle
One spray delivers 30mg NAD+
- Storage: to be kept refrigerated

NAD+ 10% CREAM

- 10% topical cream
- Packaging: 30, 60, or 100-gram Topi-pump container
One pump delivers 1ml (100mg dose)
- Storage: to be kept refrigerated

Potential Uses

Indications (Off-label):

- Chronic fatigue syndrome
- Neurodegenerative support
- Anti-aging and cellular repair
- Detox support (e.g., alcohol or opioid recovery programs)
- Cognitive enhancement (fatigue, brain fog)
- Athletic recovery and performance

Mechanism of Action:

- NAD+ is a coenzyme central to cellular metabolism and energy production (ATP synthesis).
- Supports DNA repair, mitochondrial function, and sirtuin activity.

Dosing Guidelines

- Subcutaneous injection: 50-200mg subcutaneously ranging from once a week, 2 to 3 times a week, to once daily injections.
To be titrated up based on patient response or as maintenance dosing after IV loading at provider's office.
- Nasal spray: 1 spray (30mg) to start, titrate up as indicated
- Cream: Apply 1 pump (100mg) topically once daily, titrate up as indicated
- Customizable dosing: Tailored to patient condition, age, and treatment goals
- Titration Advice: Start low and increase based on tolerance
- Higher doses may be desired and/or needed for older patients and patients with higher stress levels.

Safety Profile

Common Side Effects:

- Flushing (transient)
- Nausea
- Mild headache
- Muscle soreness at injection site

Less Common:

- Cramping
- Anxiety-like symptoms

Contraindications:

- Hypersensitivity to NAD+
- Caution in pregnancy/lactation (limited data)

References

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9512238/>

<https://www.sciencedirect.com/science/article/abs/pii/S0531556519307582?via%3Dihub>

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