NAD+

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· FREE 2ml Bacteriostatic Water with every purchase!

PEPTIDE:

NAD+: https://precisionpeptideco.com/product/nad-500mg/ref/6/

Discount Code: **PEP5**

I did my first round of NAD+ with the protocol below. However, because I can tolerate 100mg twice a week, I will be starting my next round of NAD+ at 100mg twice a week for approximately 3 months. (I am still researching the length of time to be safely on NAD+)

Please continue to do your own research, it is important that you listen to your body.

Some things to consider:

1. Injections can be injected into the muscle (IM injections) and can burn and be sore for a while. Do not be alarmed as this is normal.
2. I prefer to inject into the subcutaneous (SubQ)
3. If your powder does not breakdown after reconstituting it is the purity of NAD+;
    a. You could use more BAC Water and then use the Peptide Calculator to refigure your dosage.
    b. Let the reconstituted vial come to room temperature
    c. Boil some water then remove the heat
    d. Place the room temperature vial into the hot water (DO NOT BOIL THE VIAL)
    e. The hot water will help the solution breakdown. Once it has dissolved or broken down, place in the refrigerator for a few hours before injecting.
4. Inject first thing in the MORNING

Peptide		Benefits:	Protocol	Good With
NAD+	Longevity, Immune System, Cognitive Function, Weight Loss, Muscles	• Produces anti-aging benefits • Increases energy levels • Weight loss • Increases muscle mass and strength • Improves cognitive function • Improves cardiovascular, liver, kidney health • Lowers blood pressure • Boosts immune function	**Inject: SubQ** 500mg Vial Mix with 2ml BAC; do first thing in AM: **Dosage:** **1-2 week**: 25mg (10 units) twice a week **3-4 week**: 50 mg (20 units) twice a week **5-6 week**: 100mg (40 units) twice a week **7+ weeks**: 100mg (40 units) twice a week up to 3x a week • **Max IM dose of 100mg** • **Max weekly IM dose of 200mg** • **Max weekly NAD dosing of 500mg** • **Max monthly NAD dosing is 1,000mg**	5-amino-1MQ

WEEK	DOSAGE	INSTRUCTIONS
Week 1	25–50mg	Begin with 1–2 injections per week. Monitor how your body responds.
Week 2–3	50–75mg	Gradually increase dose or frequency if needed.
Week 4+	100mg	Increase for more noticeable energy or recovery support.
Ongoing	2–3x per week	For consistent benefits, especially during periods of higher stress or training.
Maintenance	Lower continuous dose	Some cycle 6–8 weeks on, then take a short break.

Here is another example of Dosage. You will need to find the best protocol that works for YOU!

Typical starting range:

- ***25–100mg per injection***
- ***1 to 3 times per week***

If you're just starting out, begin with **25–50mg once or twice per week** and see how your body responds. From there, you can slowly increase the dose or frequency over the next few weeks.

Some users increase their dose to:

- ***100mg per injection*** *for more noticeable energy or recovery support*
- ***2–3x per week*** *for consistent benefits, especially during periods of higher stress or training*

What to monitor:

- Energy levels
- Mental clarity and focus
- Sleep quality
- Recovery time from workouts or stress

Some people benefit from cycling NAD+ (e.g., 6–8 weeks on, then a short break), while others use it continuously at a lower maintenance dose.

The frequency of NAD+ injections can vary based on individual needs and treatment protocols. Some practitioners recommend weekly injections initially, followed by maintenance injections every few weeks or months.

Storage And Safety Tips For NAD+

Proper storage keeps your NAD+ potent and safe to use. Follow these key tips to avoid contamination or reduced effectiveness:

- Refrigerate after mixing: Store the reconstituted solution in the fridge (36–46°F / 2–8°C).
- Label your vial with the date you mixed it—NAD+ is typically stable for up to 30 days when refrigerated.
- Use sterile needles and syringes every time. Never reuse supplies.
- Avoid freezing and keep the vial out of direct sunlight or heat.
- Dispose of used needles in a sharps container—not in your household trash.

Common Side Effects and When to Seek Help

NAD+ injections are generally well-tolerated—but like any supplement or therapy, side effects can happen, especially as your body adjusts. Most are mild and temporary.

Common short-term side effects:

- Headache or light pressure in the head
- Mild nausea
- Flushing or a warm sensation
- Slight burning or stinging at the injection site
- Redness or swelling under the skin

These symptoms are often related to injection speed or hydration levels. Injecting too quickly can overwhelm the body's processing of NAD+, especially in early stages. Hydrating before and after can help minimize symptoms.

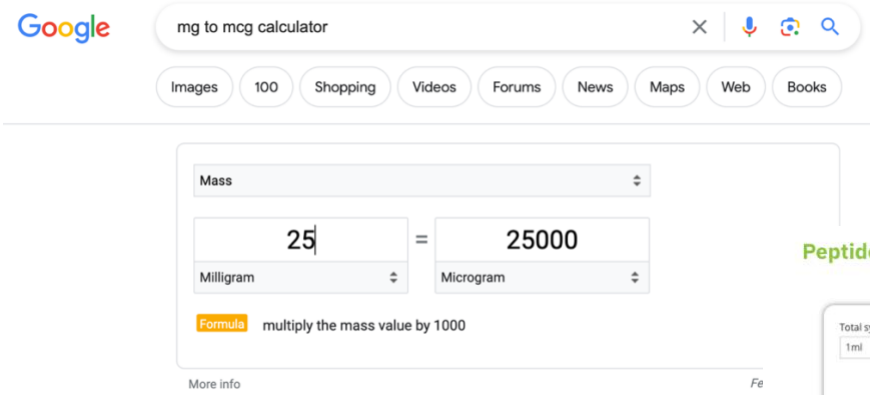
Tips to reduce side effects:

- Inject slowly—over 30–60 seconds
- Stay well-hydrated
- Take a walk or light movement afterward to help circulation
- Try splitting your dose if discomfort persists

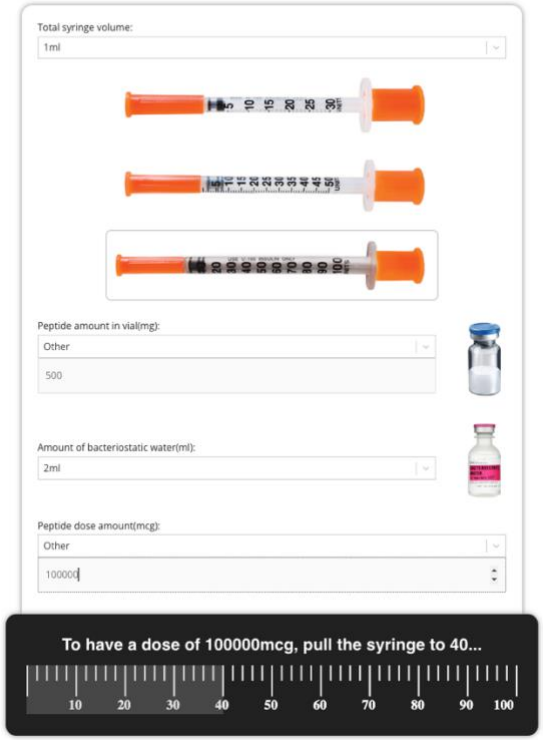
More Benefits:

- **Boost Metabolism** - Generates energy within your cells.
- **Reduce Pain** - Boosting your NAD levels will allow your body to heal itself better from injury especially when it comes to the regeneration of your blood vessels.
- **Promising Therapy for Addiction** - NAD+ therapy is NOT a cure for addiction. It's a natural therapy option that heals the brain on the cellular level and kickstarts recovery.
- **Beat the Fatigue** - NAD+ therapy addresses the core issue by supplying your body with the energy it needs to heal on a cellular level.
- **Maximize Brain Power** - NAD+ increases the function of your neurons, protects your cells from damage, toxicity and death, and promotes mitochondrial biogenesis.
- **Anti-Aging Effects -** Given NAD+'s role in DNA repair and cell health, injections may contribute to slowing down aging processes at a cellular level, potentially mitigating age-related decline.

Convert mg to mcg to calculate how many units of peptides are needed for the dosage
1mg = 1000mcg



Peptides Dosage Calculator



https://www.peptides.org/peptide-dosage-calculator/

MIXED WITH 2ML = (10 units)

Storage: Reminder, you need to have safe storage for NAD, which is refrigerated once reconstituted.

What is NAD+?
YouTube Video: https://youtu.be/loBAdwgtiIE?si=kVIW6AMf5YDL-qsI

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme present in almost all cells in your body. Its main purpose is to fuel metabolic reactions forward, like gas in your car. NAD+ is an emerging therapy that is all-natural, holistic, and has shown outstanding results.
Intramuscular and subcutaneous injections of highly concentrated NAD+ offers a quick "boost".

- Wait for 5-15 minutes after the injection before driving, etc.
- Intramuscular injection is deeper and higher volume than subcutaneous injection.
- Subcutaneous injection has a slower release compared to IM injection.

NAD+ also has a role in gene expression that's associated with age-related diseases, such as Alzheimer's and dementia.

NAD+ levels drop as we age, and many researchers believe this causes all kinds of problems like inflammation, hormonal imbalances, metabolic slow down, weight gain, cognitive decline and much more (bad stuff!).

NAD+ therapy involves infusing a high dose of the compound straight into your bloodstream. You get the benefits of NAD more quickly than you might with other delivery systems, such as the oral route, so you experience a faster, more effective treatment outcome. NAD+ therapy optimizes your own cells' NAD levels so they immediately provide you with mental & physical energy.

NAD+ therapy can also fight the physical effects of aging, reduce depression and anxiety, combat chronic fatigue and sleep disturbances, and help relieve you of autoimmune and inflammatory diseases.

What is NAD used for?

- Improves cognitive function, energy, weight management, reduces pain, can reduce and reverse some aging and more.
- It does this as a key function of our cells in the mitochondria that converts food to energy and maintains the integrity of our DNA.
- NAD aids in the production of ATP.
- It has a plethora of benefits, from improving athletic performance, reducing fatigue, high cholesterol, mood, blood pressure, slowly reduces aging, neurodegenerative diseases and reversing alcohol effects on the liver.
- It's mechanism of action as a coenzyme is part of the oxidoreductases in our body, which gives it the broad range of effects

How does it do all that?

NAD+ is found within all living cells in the body. It regulates gene expression, controls your calcium levels, and acts as a powerful antioxidant, so you're less susceptible to harmful free radicals that you encounter in foods and pollution, due to stress and excessive exercise, and from alcohol consumption. NAD+ also helps regulate genes that accelerate the aging process.
As you age, the level of NAD+ in your cells decreases, getting in the way of your body's natural ability to repair itself. As a result, your mental and physical health can decline. Lifestyle factors can accelerate the decline of NAD+ in your cells -- including stress, medications, alcohol, and poor diet. As your NAD+ levels decrease, the physical symptoms of aging increase.

The results of increasing your intracellular levels of NAD+ are a reversal of age-related cellular dysfunction as your good genes turn on. You feel better, more energized, and your body is just healthier. You'll be able to lose weight more easily as well as concentrate and perform cognitive functions better. You'll even feel less fatigued.

Generally, patients looking to halt and reverse regular aging will experience significant benefits from the lower dose. Patients who have underlying health conditions like autoimmune disorders, Covid-19 recovery, Parkinson's, MS or other issues will likely do better with the higher dose of NAD+.

NAD injections. Injections offer lower dose treatment but many of our clients experience excellent results. Injections are great for younger people who do not have underlying health conditions or concerns. We offer 2 different injection dosages: 50mg and 100mg. We also offer subcutaneous NAD injections that are maximum 50mg.

Description – NAD+

Nicotinamide adenine dinucleotide (NAD+) was discovered more than a century ago by Sir Arthur Harden as a low molecular weight substance present in a boiled yeast extract, which could stimulate fermentation and alcohol production *in vitro*. Subsequent studies over the next several decades determined that the structure of NAD comprised two covalently joined mononucleotides (nicotinamide mononucleotide or NMN, and AMP), and identified the keystone function of NAD+ and NADH as enzyme cofactors mediating hydrogen transfer in oxidative or reductive metabolic reactions. From single-cell organisms like bacteria to sophisticated multicellular ones like primates, NAD is one of the most abundant and crucial molecules. Basically, without NAD, we would be on the fast track to death. The molecule is a linchpin to the function of the generators of cells, mitochondria. NAD+ not only helps convert food to energy but also plays a crucial role in maintaining DNA integrity and ensures proper cellular function to protect our bodies from aging and disease.

How does NAD+ work?

NAD works as a shuttle bus, transferring electrons from one molecule to another within cells to carry out all sorts of reactions and processes. With its molecular counterpart, NADH, this vital molecule participates in various metabolic reactions that generate our cell's energy. Without sufficient NAD levels, our cells wouldn't be able to generate any energy to survive and carry out their functions. Other functions of NAD include regulating our circadian rhythm, which controls our body's sleep/wake cycle.

A need for NAD+ in muscle development, homeostasis, and aging

In a review study, researchers discuss the recent data that document conserved roles for NAD+ in skeletal muscle development, regeneration, aging, and disease as well as interventions targeting skeletal muscle and affecting NAD that suggest promising therapeutic benefits. The researchers also highlight gaps in our knowledge and propose avenues of future investigation to better understand why and how NAD regulates skeletal muscle biology.

NAD + in Brain Aging and Neurodegenerative Disorders

NAD is a pivotal metabolite involved in cellular bioenergetics, genomic stability, mitochondrial homeostasis, adaptive stress responses, and cell survival. Multiple NAD-dependent enzymes are involved in synaptic plasticity and neuronal stress resistance. Here, we review emerging findings that reveal key roles for NAD+ and related metabolites in the adaptation of neurons to a wide range of physiological stressors and in counteracting processes in neurodegenerative diseases, such as those occurring in Alzheimer's, Parkinson's, and Huntington diseases, and amyotrophic lateral sclerosis. Advances in understanding the molecular and cellular mechanisms of NAD-based neuronal resilience will lead to novel approaches for facilitating healthy brain aging and for the treatment of a range of neurological disorders.

Reduces cancer risk

NAD plays a critical role in cellular health and the benefits of NAD+ may include the prevention, treatment, and arrest of certain types of cancer. But researchers have recently shown that NAD's role in cancer may be more

complicated, and the energy boost it gives to cells could even enhance the uncontrolled cell growth that characterizes cancer. More research is required to determine how NAD can target and destroy cancer cells and how it might encourage their growth under certain circumstances.

What are Contraindications to getting NAD?

- **History of Cancer** or significant family history of Cancer, genetic predisposition- as determined by Medical Director in consult
- **Cardiovascular disease -** History of severe heart failure, multiple medicated hypertension, and arrhythmogenic issues-as determined by Medical Director in consult
- **Pregnancy** (there is no safety data for use of NAD in pregnant clients); client must attest they are not pregnant to receive NAD infusion (intravenous "IV")/intramuscular injection ("IM"); if client is not absolutely positive she is not pregnant, then postponement and a client's self-administered pregnancy test is recommended prior to beginning any course of NAD IV/IM
- **Breast feeding** (there is no safety data for use of NAD in clients who are regularly engaged in breastfeeding a child); client must attest they are not breastfeeding to receive NAD IV/IM

Some Potential Adverse Reactions, Side Effects or Complications

Headaches, Malaise, Chest Heaviness Tremors*, Difficulty Breathing*, Sensations that can mimic feelings of a panic attack, etc. Insomnia, Shortness of Breath, Flushes* Anxiety, Dizziness, Fainting, Nausea, Irregular Sweating, Irregular Weakness, Tingling Sensation, Heart Rate Changes

* Denotes potential NAD toxicity (allergic hypersensitivity)
Skin Rash

Please be cautious when using NAD. If you have any or all of these side effects for an extended amount of time, contact your physician for medical advice.

FAQs

Is NAD+ injection painful?

Most people find NAD+ injections surprisingly tolerable. Subcutaneous injections use a tiny needle and only go just under the skin—so you'll typically feel a quick pinch or mild sting, especially if you inject too quickly. Injecting slowly and choosing a fatty area (like the lower abdomen or outer thigh) helps minimize discomfort.

Can I mix NAD+ with other supplements?

Yes—but with caution. NAD+ is often paired with other wellness therapies, like vitamin B12 or glutathione, but combining injectables or stacking supplements should always be discussed with a provider. IVY RX can help create a safe, coordinated plan that works for your body.

How fast will I feel results from NAD+ injections?

That depends on your dose, goals, and baseline NAD+ levels. Some people notice a boost in energy or mental clarity within hours or days, especially at higher doses. Others experience more gradual improvements in sleep, recovery, and focus over a few weeks of consistent use. Your IVY RX expert can help fine-tune the dose and frequency to match your goals.

Links to studies

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7963035/#:~:text=Nicotinamide%20adenine%20dinucleotide%20(NAD%2B),(ADP%2Dribose)%20polymerases.