# What is NAD+?

NAD+ or Nicotinamide Adenine Dinucleotide is a form of Vitamin B3 (Niacin). This coenzyme is found in the mitochondria of all living cells.

It's responsible for transferring electrons and hydrogen in the Krebs cycle, making it a vital component for producing all of the energy your body uses. It's involved in over 100 metabolic processes, and is

considered one of the most essential building blocks for life. Unfortunately, NAD+ levels decrease as you age and in response to psychological illnesses. This negatively impacts your health in many ways. Boosting your NAD+ can help restore your natural and healthy

levels, enhancing your physical and mental wellbeing.

# Is NAD+ Therapy safe?

NAD+ injection is a completely safe treatment option. It's a natural substance used in the body and is readily incorporated. Side effects lessen with subsequent treatments but can include

- Headache or fullness/pressure in the head
- Chest tightness
- Anxiety feeling
- Severe nausea/abdominal cramping

Side effects that are normally experienced with the NAD infusion are directly related to the speed of infusion itself. By getting NAD+ at a slow infusion rate side effects are minimized. You will be monitored closely by a healthcare profession during treatment.

Intramuscular injection up to 200mg and only takes 15-20 minutes. The therapy can be intense but is better tolerated and just as effective as IV therapy.



More Information :

## Where do we source NAD+?

Oceanside works with state-licensed compounding pharmacies to produce NAD+ Injections. Compounding is regulated by both FDA and state boards of pharmacy. A licensed compounding pharmacy must comply with both federal and state laws, which include administrative requirements and quality standards.

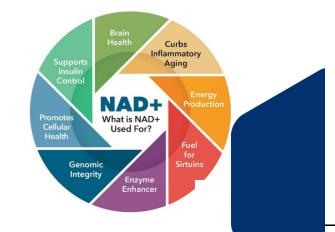
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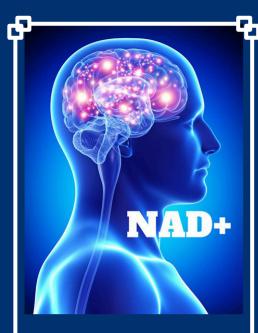
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# NADS+

(nicotinamide adenine dinucleotide) is a coenzyme that plays a critical role in cellular metabolism, DNA repair, and antiaging processes. Our NAD+ therapies are a rejuvenating boost for your body's energy production and overall well-being.





NAD+ Injections Starting Injection 50mg NAD+ 100mg NAD+ 150mg NAD+ 200mg NAD+

Adjuncts include: Meyers Amino Blend Vita Blend glutathione B12

# NAD+ IV INFUSIONS ANTI AGING

2 Hours Infusion of 250mg NAD Recommended 3 Treatments, Followed by booster treatment up to 2 times per year.

# Neuroregenerative

4 Hours Infusion of 500mg NAD Recommended 5 Treatments, Followed by booster treatment up to 2 times per year. Other option are aviable up to 1000mg.

Package pricing is available

# Benefits of NAD +

#### 1. Slows down aging

NAD+ is recognized for its anti-aging effects. It's because NAD plays a crucial role in activating an enzyme called sirtuins. Sirtuins play a crucial part in controlling aging favorably. With enough NAD supply, sirtuins can delay common signs of aging, including wrinkles and age spot formation. Paired with a healthy lifestyle, NAD infusions will make a big difference keeping young inside and out.

#### 2. Boosts your immune system

The anti-aging sirtuins also play a part in regulating the body's immune responses. If NAD+ is too low, sirtuins won't function properly, which can lead to a weaker immune system. Overall, NAD+ treatments will boost your immune functions. It will give you an added defense against illnesses and infections.

#### **3.** Improves your athletic performance

NAD+ therapy is popular among athletes and gym buffs because it improves athletic performance.NAD+ may improve a person's cognitive functions, cardiovascular health, and energy levels. All of these are crucial for workouts and sports-related activities..

#### 4. Aids with addiction recovery

It's believed to alleviate withdrawal symptoms by mimicking the 'feel good' feeling alcohol and drugs bring. Aside from that, NAD helps flush out toxins from the body, which means the patient will receive holistic treatment. NAD+ therapy isn't a cure for addiction. It's only a part of a more extensive treatment plan the patient needs.

#### 5. Enhances your brain power

NAD+ treatments are also popular for their brain-boosting benefit. It improves cognitive functions for better memory, focus, and problem-solving skills. NAD+ therapy is also an excellent solution for brain fog. All these benefits are possible because NAD helps convert glucose into energy. Such energy is indispensable in keeping healthy brain functions.

#### 6. Elevates your mood

As NAD treatments improve brain function, they will also help elevate your mood. It's seen to increase serotonin, also known as the 'happy hormone'. This will positively influence those who are experiencing anxiety and depression.

But like with addiction recovery, NAD therapy should only be considered a complementary treatment. It's still crucial to seek a specialist to get to the root of your condition.

#### 7. Assists with weight loss

A healthy metabolism is integral for efficient weight loss. The good news is that boosting your NAD+ levels will help speed up your metabolism, resulting in effective fat burns. At the physiological level, this occurs because NAD+ plays a significant role in converting food to energy. With high NAD levels, your body's energy production will be continuously running. Therefore, your metabolism will run better to aid your weight loss.

#### 8. Speeds injury recovery

NAD+ helps the muscles and blood vessels to 'communicate' properly. So if your NAD is depleted, you'll experience slower injury recovery and poor athletic performance. This will get worse as you age. Lucky for you, NAD+ therapy can help replenish your NAD supply. Aside from supporting muscle recovery, NAD will also improve your endurance during workouts.

#### 9. Supports healthier metabolism

As mentioned, NAD treatments are a big boost for your metabolism. It ensures that your body can convert fuel efficiently instead of storing everything as fat.

#### 10. Promotes heart health

NAD+ may support healthy cardiac function by boosting sirtuins activity. Aside from slowing aging, sirtuins also contribute to the heart's homeostasis, especially under stressful conditions. It's also believed that NAD+ treatments can help aid in heart disease recovery by restoring proper metabolic functions.

#### 11. Improves hearing and eyesight

NAD depletion causes neurodegeneration, which ultimately leads to loss of vision. This can occur among individuals with deficient NAD levels for prolonged periods.With the help of NAD+ therapy, you can reduce this risk and keep your eyes and ears healthy. Also, you should get your eyes and hearing checked regularly to diagnose problems before they become worse.

#### 12. Encourages DNA repair

NAD+ is an essential protein in the DNA repair process. It also prevents cell degeneration when taken regularly. As we get older, our DNA becomes prone to damage. Without any intervention, such damage can lead to long-term and life-threatening illnesses.

#### 13. Provides more physical energy

Do you feel exhausted even after a full night's sleep? It's possible that your NAD levels are low. Through NAD+ Therapy, you can restore your NAD to healthy levels. You'll notice a positive change in your energy, mood, and focus. You'll have more zest to be productive at work, school, or home. Regular treatments will ensure that your energy level is always optimal.

#### 14. Reduces inflammation

NAD+ therapies have anti-inflammatory effects on the body. This is very helpful for those recovering from an illness or injury. Nevertheless, the antiinflammatory benefits of NAD are also a good thing for healthy people. It will serve as a layer of protection in case they get sick.

## 15. Improves sleep quality

Insomnia is a frustrating and harmful condition. It will impact your body's normal functions and make you unproductive during the day. One way to reduce this problem is through NAD supplementation. It's seen that NAD can aid in developing healthy sleeping patterns among adults. NAD+ does this by improving the person's circadian rhythm and restoring it to its normal pace.