



# PROPEPTIDES

## PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🙌💪

— PROpeptides Team

## NAD+ (Nicotinamide Adenine Dinucleotide)

Cellular Energy, Longevity, and Neuroprotection Support

Available in: 500mg and 1000mg vials

For Research Use Only

## How This Compound Works

NAD+ is a vital coenzyme found in all living cells, essential for energy production, mitochondrial health, and metabolic balance. It plays a central role in redox reactions, DNA repair, and the activation of sirtuins—proteins that regulate aging, inflammation, and stress resistance.

## Research-Supported Benefits

Mitochondrial Energy Production


- Supports ATP generation through oxidative phosphorylation
- Enhances cellular respiration and energy output

Neuroprotection & Cognitive Function

- Promotes sirtuin activation and neurogenesis
- May protect against age-related cognitive decline

Metabolic Health & Longevity

- Improves insulin sensitivity and glucose metabolism
- Supports DNA repair and healthy aging pathways

 Trammell et al., 2016, Nature Communications – NAD+ supplementation improved mitochondrial function and metabolic health in aging animal models.

## Dosing Instructions

Reconstitution:

- Mix with bacteriostatic water to achieve desired concentration

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- For example, reconstituting a 500mg vial with 5mL yields 100mg/mL

Suggested IM Dosing Protocol:

- 50mg to 250mg per injection
- Frequency: 1 to 5 times per week depending on study goals
- Weekly totals up to 1000mg may be divided across multiple doses

## Storage & Use Notes

- Refrigerate after reconstitution
- Use within 30 days
- Inject IM into a large muscle group (e.g., glute or deltoid)
- May be stacked with MOTS-C or Epithalon for cellular and metabolic optimization

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