

FREQUENTLY ASKED QUESTIONS

WHAT IS NAD+?

NAD+ stands for nicotinamide adenine dinucleotide, a molecule that's vital for many functions in your body. It helps with energy production, DNA repair, and keeping your cells healthy. Maintaining good levels of NAD+ can help slow down aging and reduce the risk of age-related diseases.

WHY IS NAD+ IMPORTANT?

NAD+ is essential for converting food into energy and supporting various cell functions. As we age, our NAD+ levels drop, which can lead to problems like diabetes, heart disease, neurodegenerative diseases, and early aging. Stress, alcohol, and diet can speed up this decline. Some studies suggest that boosting NAD+ levels can improve muscle performance, boost immunity, aid in weight loss, and support healthy aging.

HOW DOES NAD+ WORK IN THE BODY?

Your body makes NAD+ from foods rich in tryptophan (like turkey) and vitamin B3. Most NAD+ is recycled within your cells. Two important pathways involving NAD+ are:

- Sirtuins: Proteins that help regulate metabolism, inflammation, and cell health.
- PARPs: Enzymes involved in DNA repair.

IF MY BODY MAKES NAD+, WHY WOULD I NEED MORE?

The natural levels of NAD+ in your body decrease over time, and certain factors can further accelerate the aging process. You can help prolong your youthfulness by avoiding these factors and also by restoring your body's reserve of NAD+.

WHAT ARE SOME FACTORS THAT LOWER NAD+?

- Aging
- Excessive alcohol consumption
- Liver disease
- Diabetes
- Obesity
- Stress
- Sleep problems
- Drug Use

ARE THERE WAYS TO BOOST NAD+ LEVELS?

Yes, by eating foods rich in Vitamin B3 (niacin) and B2 (riboflavin) found in vegetables, fruits, nuts, grains, fish, meat, dairy, and eggs, you can naturally improve your levels. You may also take supplements, which are available as oral pills, topical creams, injections, and IV infusions. Boosting NAD+ levels through oral supplements isn't as effective as through injections or infusions, because the digestion process reduces the amount of NAD+ available for your body to use. NAD+ oral supplements only contain the building blocks of NAD+ and not the full NAD+ molecule. Bypassing the intestinal tract through injection and infusion enables your body to fully absorb and utilize the NAD+ being administered.

WHAT ARE THE BENEFITS TO RECEIVING NAD+ SUPPLEMENTATION?

- Better strength & mobility
- Enhanced liver and kidney health
- Improved blood flow
- Lower risk of neurological diseases like Parkinson's & Alzheimer's
- Maintain healthy immunity
- Reduced Inflammation
- Improved metabolism
- Prevention of weight gain
- Better regulated sleep patterns
- Improved energy levels, mood and mental clarity
- Reduced cravings and fatigue

WHAT ARE THE SIDE EFFECTS OF NAD+?

While safe for most patients, side effects may include nausea, brain fog, cramping during therapy, redness, tenderness, or swelling at injection site, headache, fatigue.