

NAD+ Overview (500mg & 1000mg Vials with 5cc Dilution)

Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme central to metabolism. It plays a key role in energy production, mitochondrial function, DNA repair, and cellular health.

NAD+ levels naturally decline with age, and supplementation has become popular for anti-aging, cognitive performance, and overall cellular repair support.

- ****Common Uses:****
 - Support mitochondrial health
 - Improve energy and focus
 - Promote DNA repair and longevity
 - Reduce brain fog and improve cognition
- ****Vial Size:**** 500mg and 1000mg
- ****Dilution:**** Reconstituted with 5cc bacteriostatic water

NAD+ is often administered subcutaneously (SC) or intramuscularly (IM). Due to its sting when injected, users often start with low doses and increase slowly. Intranasal and IV routes are also being explored in research, but subQ remains the most common for personal use.

Prompt for Research Tool Use

“Please provide common research utilization practices and dosing ranges for NAD+, using either 500mg or 1000mg vials reconstituted with 5cc of bacteriostatic water. My goal is [insert goal: e.g., improved cognition, energy, anti-aging]. What does the research say? Ask clarifying questions before generating a plan.”