You care about your health and well-being. You eat well, exercise regularly, get enough sleep each night, try your best to manage stress, and still manage to invest time and energy into the things that matter the most to you, such as relationships or creative pursuits. You’re always looking for new, cutting-edge ways to enhance your vitality, making you an ideal candidate for an [NAD+ IV](https://rockymountainivmedics.com/iv-therapy-packages/nad-iv/).

This treatment is one of the most exciting recent developments in IV therapy. It has the potential to bring you a wealth of benefits for your mind and body. Learn more about the transformative potential of NAD+ infusions can help you.

What Is NAD+?

NAD’s full name is nicotinamide adenine dinucleotide, and it’s a coenzyme derived from vitamin B3. The body makes NAD by synthesizing certain elements that are called NAD precursors. The “+” sign means the NAD is in an oxidized form.

What Does NAD+ Do in the Body?

It’s more like, what doesn’t NAD+ do? That’s because NAD+ is involved in [over 500 enzymatic reactions](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6342515/) and most of the major biological processes in the body. It’s essential in keeping the body strong and functioning in a healthy way. NAD+ is involved with:

* Managing the body’s stress response
* Using energy from carbs, proteins, and fats to provide cellular energy
* Maintaining cellular DNA and repairing cells
* Keeping our circadian rhythms (sleep/wake cycles) in balance
* Repairing bones, tissues, and nerves by promoting stem cell production
* Regulating the genetic expression that influences the aging process
* Fighting free radical damage that can damage the body and accelerate aging
* Assisting with the body’s metabolism

We have a plentiful supply of NAD+ when we’re young, and our bodies produce a steady stream of it. That production, however, declines with age. Eventually, our bodies need more NAD+ than can be supplied naturally. NAD+ levels can also drop with high stress, poor diet, substance abuse, and other lifestyle issues. If you feel fatigued mentally or physically, you may need NAD+ therapy.

What’s Involved in NAD+ IV Therapy?

It used to be that oral supplements were the only way to get extra NAD+. However, that kind of supplement needed to pass through the digestive system first before activating. An NAD+ IV drip, on the other hand, gets to work right away because it’s infused into the bloodstream for rapid absorption. (NAD+ injections have a similar quick effect.)

An NAD+ infusion is a straightforward process, which can be completed in just 30 to 45 minutes.

A medical professional gently inserts a needle into your arm and then connects it to the tubing that leads to the drip bag. This IV is filled with hydrating fluids containing NAD+. You also have the option to add other supplemental vitamins or minerals. You can sit comfortably during the treatment and listen to music, read a book, or watch a video on your personal device. A medical professional will monitor you throughout the process, and you can resume your normal activities once you’re done. Some people report feeling an immediate boost in their energy levels, with a refreshing mental clarity that feels rejuvenating. Many people use NAD+ therapy regularly for wellness maintenance.

Why Try NAD+ Therapy?

Aside from health maintenance, you can use this treatment to address specific issues:

Aging

Are you experiencing brain fog or forgetfulness or noticing that your skin seems a bit saggy? Cells that are aging and growing older are responsible for these common conditions. It’s thought that NAD+ can boost cellular health, thereby slowing the signs of aging. One of the most exciting research fields involves the role NAD+ may play in alleviating age-related issues such as dementia.

Mental health

The brain’s chemicals, also called neurotransmitters, play a significant role in governing mood. NAD+ may support healthy brain chemistry that can reduce symptoms related to depression and anxiety. Another factor essential for mental health is high-quality sleep. NAD+ can be conducive to a good night’s sleep while also increasing energy, and that can also lift your mood.

Addiction

Addiction rehabilitation programs have recently seen the benefit of using NAD+ therapy as one component of a comprehensive treatment plan. The brain’s neurotransmitters sustain damage with heavy, chronic substance abuse, but NAD+ may repair that damage, which helps heal both mentally and physically. NAD+ may also have a role in detoxification, which is a critical part of addiction recovery. It can also be suitable for people with a dual diagnosis of addiction and a mental health condition because NAD+ may uplift mood.

What are the NAD+ IV Benefits?

It’s worth exploring NAD+ IV therapy because it can offer many benefits, such as:

* Enhanced mental focus and clarity
* Possible slowdown of the signs of aging
* Repaired cells and DNA
* Increased energy
* Stronger athletic performance
* A more productive metabolism
* Decrease in symptoms associated with mood disorders, or an increased overall feeling of happiness
* Potential support for weight loss and increasing muscle mass
* Reduced body inflammation, which can be a factor in many types of health conditions
* Improved appearance of the complexion, such as a reduction in fine lines or increased elasticity in the skin

NAD+ IV therapy is considered safe, with side effects few and far between. Vitality Infusion and Wellness Center, PLLC is a trusted, reliable provider of NAD+ IV services, and we ensure the [treatment meets your health goals](https://rockymountainivmedics.com/iv-treatments/).