



# AMARILLO HEALTH & INFUSION CENTER

Primary and Urgent Care, IV Infusion, and Medical Spa

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Monday-Friday  
8:00 A.M. to 5:00 P.M.  
Saturdays  
by appointment only

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## NAD+

Think of **NAD+** as the fuel your cells need to run efficiently. It is a vital co-factor responsible for powering your mitochondria—the "energy powerhouses" of your cells—where nutrients are converted into the energy (ATP) that keeps you going.

As we age, our natural NAD+ levels decline due to environmental stress and inflammation. This depletion can leave you feeling "run down," leading to brain fog, fatigue, and even changes in your skin and sleep patterns. NAD+ therapy aims to replenish these levels to help you feel revitalized from the inside out.

### Why Boost Your NAD+ Levels?

When your NAD+ levels are low, your cells can't perform at their peak. Supplementing with NAD+ can help address:

- **Persistent fatigue and low energy**
- **Mental fog and lack of focus**
- **Poor sleep quality**
- **Dull or tired-looking skin**
- **The general effects of aging**

Research has shown that NAD+ therapy can be a powerful tool for more than just anti-aging:

- **Mood & Mental Health:** By boosting serotonin levels, NAD+ can help ease symptoms associated with depression and anxiety, supporting a more balanced mood.
- **Recovery Support:** For those recovering from alcohol or drug use, NAD+ therapy may help reduce cravings and withdrawal symptoms by replenishing the body's natural stores that were depleted by substance use.