

Nicotinamide Adenine Dinucleotide (NAD) Informed Consent

Name: _____ DOB: _____

Address: _____ Phone: _____

Email: _____

Nicotinamide Adenine Dinucleotide (NAD) occurs naturally in the body and helps to support healthy mitochondrial function of the cells. Mitochondria produce energy for the cells, and by extension are critical for total body energy. One of the theories of aging is that the mitochondria degrade as we get older. Its been theorized that supplementing NAD may affect normal aging in a favorable manner by improving mental clarity, improving concentration and memory, enhancing energy, reducing fatigue and countering the effects of neurodegeneration, including Alzheimer's disease.

Risks: Temporary discomfort at injection site, mild bruising and/or bleeding, other less common (unless IV/IM) nausea, fatigue, headaches, chest tightness (IV), diarrhea, indigestion, stomach discomfort, tingling fingers/toes.

I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment.

I understand that I will self administer a Sub-Q injection or I will schedule an appointment with New You Wellness for the nurse to administer my medication. I agree to not share my medication with any other individual.

I understand that if I am feeling sick, in any way, that I should abstain from using NAD until I have fully recovered.

By signing this consent, I acknowledge reading the informed consent and agree to the treatment and associated risks. I release New You Weight Loss & Wellness Center LLC and it's affiliates, from all claims related to NAD injections. I give consent for this and all future NAD infusions/injections.

Patient Signature _____ Date _____

NAD+ Patient Handout

Nicotinamide Adenine Dinucleotide (NAD) is a vital coenzyme found in all living cells, crucial for numerous cellular processes, including energy production, DNA repair, and regulation of circadian rhythm. NAD and NAD+ occur naturally in the body.

By sustaining NAD levels, you may help delay your aging process. NAD supports healthy mitochondria which create 90% of your body's energy. It can support metabolism which can help support body weight management. It is essential for sustaining mental clarity, mood and cardiac function.

As we age, our body's NAD levels gradually drop due to lower intrinsic production and inflammation/oxidative stress caused by environmental factors. This drop in NAD can cause fatigue, mental fog, dull and tired skin, and poor sleep quality. Boosting NAD may help manage a wide spectrum of diseases and the effects of aging.

Vial Contains:

100mg/ml 10ml vial (1000mg/vial) = 1000 units

Week 1

10 units 3 times week = 10mg per dose

Week 2

20 units 3 times per week = 20mg per dose

Week 3

30 units 3 times per week = 30 mg per dose

Week 4 and beyond

50 units 2 or 3 times weekly = 50 mg per dose

Maintenance dose – can cycle 6 weeks then off then on, or maintain

Benefits of NAD+

- *Promotes cognitive and sensory function
- *Restores Cellular energy, mitochondrial dysfunction (energy powerhouses)
- *Autoimmune disease
- *Depression and anxiety
- *Drug addiction and detox
- *Recovery from injury
- *Protects against cardio- and cerebrovascular disease

Potential Side Effects

*Temporary discomfort at injection site, mild bruising and/or bleeding, other less common (unless IV/IM) nausea, fatigue, headaches, chest tightness (IV), diarrhea, indigestion, stomach discomfort, tingling fingers/toes.

Contraindications

Pregnancy, breast feeding, active cancer treatment/malignancy, generalized not feel well such as flue, covid, gastroenteritis etc.

- Mitochondria-intracellular organelles where micronutrients are converted to energy rich ATP molecules for the cell. (AKA "energy powerhouses"). NAD+ is probably the most important co-factor for improving mitochondrial function.