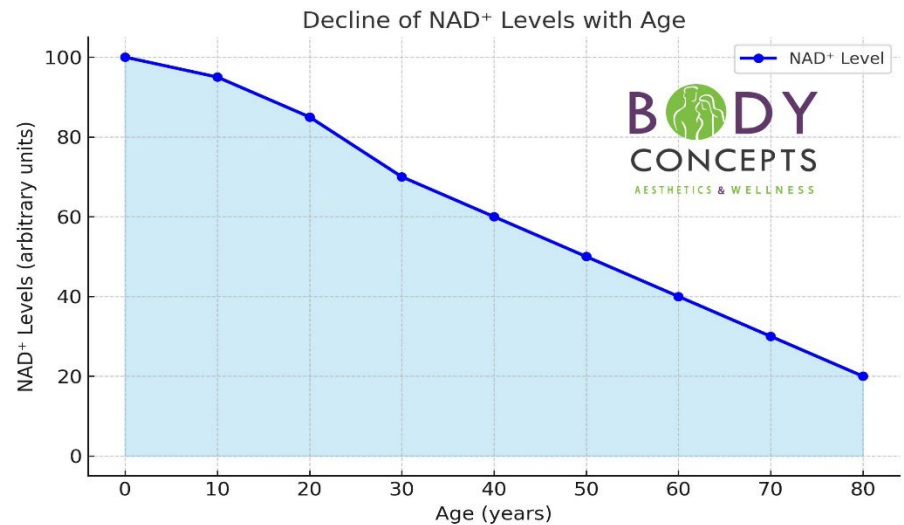


NAD⁺



NAD⁺ (Nicotinamide Adenine Dinucleotide) is a vital coenzyme found in every cell of the body, playing a critical role in energy production, cellular repair, and metabolic function. It helps convert nutrients into energy by supporting mitochondrial activity and is essential for activating enzymes involved in DNA repair and inflammation control.

As we age, NAD⁺ levels naturally decline, which may contribute to fatigue, slower recovery, cognitive decline, and signs of aging. Recent research has highlighted the significance of NAD⁺ in regulating the activity of sirtuins, a class of proteins linked to longevity and cellular resilience. Sirtuins are associated with DNA repair, stress resistance, and longevity. By maintaining NAD⁺ levels, individuals may experience improved cellular resilience and potentially mitigate age-related declines in health.

NAD⁺ supplementation offers a spectrum of potential benefits:

Boosts Cellular Energy: Fuels ATP production in mitochondria for optimal cellular energy .

Supports DNA Repair: Essential for repairing damaged DNA, which may reduce aging

Enhances Brain Function: May improve mental clarity, focus, and memory & brain cell health.

Promotes Healthy Aging: Helps reduce inflammation and oxidative stress (Anti-Aging)

Improves Metabolism: Plays a role in regulating metabolic pathways, weight management and insulin sensitivity.

Cost:

IV 500mg \$ 375-550 depending on dosing (90-120 minutes for administration)

Injection- IM or SQ \$45-95 depending on dosing (10 minutes for administration)

* Precursor supplementation also available at Body Concepts (Thorne Supplement)

It is important to note that while NAD⁺ supplementation shows promise, more research is needed to fully elucidate its mechanisms and benefits in various contexts