

NAD+ FAQs

YOUR QUESTIONS. ANSWERED.

NAD+ (Nicotinamide Adenine Dinucleotide) plays a vital role in energy production, cellular repair, brain function, and healthy aging.

Here are answers to the questions we hear most often.



1

WHAT IS NAD+?

NAD+ is a coenzyme found in every cell of your body. It helps convert the food you eat into cellular energy and supports many essential functions.



2

WHAT ARE THE BENEFITS OF NAD+ THERAPY?

NAD+ supports energy levels, mental clarity, DNA repair, metabolism, recovery, and healthy aging.



3

IS NAD+ SAFE?

Yes. NAD+ therapy is well-tolerated for most people. Side effects are typically mild and temporary.



4

HOW SOON WILL I FEEL RESULTS?

Many patients notice improved energy and focus within days to a couple of weeks. Results vary by individual.



5

HOW OFTEN SHOULD I RECEIVE NAD+ THERAPY?

Frequency depends on your goals and lifestyle. Your plan will be personalized by your physician.



6

CAN NAD+ HELP WITH WEIGHT LOSS?

NAD+ supports cellular metabolism and energy production, which may support your overall wellness and weight management goals.



7

HOW LONG DOES A NAD+ INFUSION TAKE?

Most NAD+ infusions take between 2-4 hours in our comfortable, relaxing environment.



8

WILL NAD+ HELP WITH RECOVERY AND ATHLETIC PERFORMANCE?

Yes. NAD+ supports cellular repair and recovery, helping your body bounce back and perform at its best.



9

ARE THERE ANY SIDE EFFECTS?

Side effects are usually mild and may include flushing, nausea, or fatigue during or after the infusion.



10

IS NAD+ THERAPY WORTH IT?

For many patients, the boost in energy, focus, and overall well-being makes NAD+ therapy a valuable investment in their health and longevity.



Your Health. Our Expertise.

At DHmeds, we combine advanced technology with personalized care to help you feel and live your best.



LEARN MORE ABOUT
NAD+ THERAPY

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Dr. Brett Hirsch

PHYSICIAN. GUIDE. PARTNER IN YOUR HEALTH.

★★★★★
4.9 STAR RATING

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