**NAD⁺ Therapy Important Safety Information**

**What is NAD⁺?**

NAD⁺ (Nicotinamide Adenine Dinucleotide) is a vital coenzyme derived from Vitamin B3 (Niacin). It plays an essential role in DNA repair, cellular remodeling, energy production, and maintaining healthy brain and mitochondrial function. NAD⁺ is found in the mitochondria of all cells, with the highest concentrations in the brain, heart, and muscle tissue. As we age, NAD⁺ levels naturally decline, which can lead to reduced energy, slower metabolism, impaired cognitive performance, and overall cellular aging.

NAD⁺ therapy is widely used for its potential anti-aging and restorative benefits. It may assist in brain restoration, support mood stability, and promote healthy metabolic function and energy levels.

**Evidence-Based Research**

Clinical and preclinical studies support the potential benefits of NAD⁺ supplementation:

1. **Energy Metabolism**  
   NAD⁺ is a critical factor in mitochondrial ATP production. Supplementation has been shown to improve cellular energy metabolism, especially in older adults.  
   *(Zhang et al., 2016)*
2. **Cognitive Function**  
   NAD⁺ supports neuronal cell repair and protects against cognitive decline by promoting DNA repair and reducing oxidative stress.  
   *(Gao et al., 2018)*
3. **Neuroprotection**  
   Research suggests NAD⁺ may help reduce the risk of neurodegenerative diseases, including Alzheimer’s and Parkinson’s, by enhancing cellular resilience.  
   *(Verdin, 2015)*
4. **Metabolic Health**  
   NAD⁺ has been associated with improved insulin sensitivity, lipid regulation, and metabolic balance, which may benefit those with metabolic syndrome or prediabetes.  
   *(Canto et al., 2012)*

**Limitations of Use**

NAD⁺ therapy is not FDA-approved to diagnose, treat, cure, or prevent any disease. It is used as a supportive wellness intervention to promote cellular health, cognitive performance, energy levels, and healthy aging. It is not a substitute for standard medical care. Always consult with your healthcare provider before beginning NAD⁺ therapy.

**TELL YOUR PROVIDER:**

Before starting NAD⁺ therapy, inform your healthcare provider if you:

* Are pregnant, planning to become pregnant, or breastfeeding
* Have known cardiovascular conditions
* Have kidney or liver impairment
* Have a history of electrolyte imbalance or dehydration
* Are undergoing treatment for cancer or have active cancer
* Are taking any prescription medications, over-the-counter drugs, or supplements

**WARNINGS AND PRECAUTIONS**

* **Hypersensitivity Reactions**: Notify your provider immediately if you experience hives, rash, itching, swelling, or dizziness during or after treatment.
* **Infusion Site Reactions**: Some patients may experience redness, tenderness, or swelling at the infusion or injection site.
* **Low Blood Pressure**: NAD⁺ infusions may cause temporary drops in blood pressure. Report any dizziness, faintness, or lightheadedness.
* **Electrolyte Imbalance/Dehydration**: Drink plenty of fluids before and after treatment. Symptoms such as muscle cramps or fatigue may indicate the need for additional hydration or electrolyte support.
* **Nausea or GI Discomfort**: Mild nausea or stomach upset may occur, especially with higher doses or rapid infusions. Protocols can be adjusted to improve comfort.

**SIDE EFFECTS**

Common side effects include:

* Nausea
* Headache
* Fatigue or flushing
* Muscle cramps or weakness
* Anxiety or mood changes during infusion (rare)

Most side effects are mild, short-lived, and resolve without intervention. Please report any persistent or severe symptoms to your provider.

**USE IN SPECIFIC POPULATIONS**

* **Pregnant or Nursing Individuals**: NAD⁺ therapy is not recommended during pregnancy or breastfeeding due to limited data.
* **Geriatric Use**: Older adults may be more sensitive to NAD⁺ and should be monitored for side effects and response.
* **Pediatric Use**: NAD⁺ therapy has not been evaluated in individuals under 18 years of age and is not recommended for this population.