



NAD+ Therapy Overview

NAD+ (nicotinamide adenine dinucleotide) therapy replenishes one of the body's most essential cellular molecules. It is critical for energy production, DNA repair, and overall cell health. As NAD+ levels naturally decline with age, therapy helps restore vitality, focus, and stamina.

How NAD+ Therapy Works

NAD+ fuels mitochondria—the energy centers of your cells—improving energy, metabolism, and recovery. It supports brain health, reduces inflammation, and promotes healthy aging by enhancing cellular efficiency.

Dosing & Administration

NAD+ is administered via IV infusions or small subcutaneous injections. Most patients begin with loading doses two to three times per week for 2–3 weeks, then shift to maintenance every 1–2 weeks. Your provider will tailor dosing to your goals.

Timeline for Results

• 1–2 weeks: Improved mental clarity and motivation. • 3–6 weeks: Increased energy, better sleep, and faster recovery. • 2–3 months: Sustained stamina, focus, and improved overall well-being.

Maximizing Results

Stay hydrated, maintain a nutrient-rich diet, exercise regularly, and prioritize sleep to extend the benefits of NAD+ therapy.

