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## NAD+ FAQ

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### What is NAD+?

Nicotinamide Adenine Dinucleotide is a form of Vitamin B3 (niacin). This coenzyme is found in the mitochondria of all living cells. This coenzyme is heavily involved in DNA repair and cellular remodeling. It has been known to “turn off” those genes that accelerate degenerative aging and is essential for maintaining neurotransmitter levels for the proper functioning of the brain. It is key in cellular metabolism. As we age, our NAD levels decrease making us less able to repair cellular damage. We begin to lose energy, appear older and have decreased brain function. NAD+ plays a significant role in anti-aging. With NAD+ IV therapy and the NAD+ IM Shot, the molecule works rapidly to repair cells throughout the body and neurons in the brain. It serves as a catalyst in ultimate brain restoration which assists in overcoming depression, anxiety, and common mood disorders. Restoring and supplementing NAD+ in the body may improve physical appearance, health, and quality of life.

### What are the benefits of NAD+:

Supplementation of NAD+ can:

- increase energy levels
- enhance mood & mental clarity
- reverse the visible effects of aging
- reduce fatigue
- restore muscle function and athletic performance
- restore brain chemistry and neurotransmitter function
- prevent & correct damage to DNA
- regulate inflammation that damages DNA
- improve physical appearance, health, and quality of life

## **How is it administered?**

The NAD+ IV is administered in an IV and infused over a slow drip rate of up to 4 hours for first-time patients. Many patients take less than 4 hours, especially for subsequent infusions. The NAD IM is an intramuscular shot that patients can get in their glut or delt muscle.

## **What is the recommended regimen?**

For the NAD+ IV, the recommended regimen is once weekly for 4 weeks, followed by a maintenance infusion once the following month and then one additional maintenance dose 3-6 months later. Best results were seen when IRevive & Glutathione were given on alternate days from NAD+ infusions. NAD IM comes in 50mg and 100mg dosing and is recommended to receive 2 shots a week for at least 2 weeks and for as long as you feel results. It is recommended to receive an NAD+ IV prior to IM injections to help saturate the cells and to easily monitor how well the NAD+ IV is tolerated. IM Shots are ideal to be given in between IV infusions to help maintain NAD levels in the body.

## **How long does the drip last?**

The initial drip can take up to 4 hours. If a person has had multiple treatments before and can tolerate the drip at a faster rate it can be increased at the provider's discretion.

## **Why does the infusion take so long?**

Side effects that are normally experienced with the NAD infusion are directly related to the speed of infusion itself. By getting NAD+ at a slow infusion rate side effects are minimized.

## **What does the process of getting the infusion involve?**

1. Schedule an appointment with our team to ensure you have adequate time available for the drip. The recommended time is 4 hours for your first visit.
2. Meet with our provider to go over your health history to ensure you are a candidate to receive NAD+ IV therapy.
3. Your IV will be started and you can relax in our lounge for the duration of the drip. WIFI is provided so that you may work, take conference calls, relax or entertain yourself during this time.
4. Side effects, if any, are infusion rate dependent during the time of the infusion and are not commonly experienced after the infusion.

## **What are some contraindications the provider may ask me about?**

- Allergy to Vitamin B3 or Niacin
- Patients with a history of any form of cancer
  - Due to the direct action on the mitochondria
- Patients on dopamine agonists
  - NAD has been known to increase Dopamine levels
  - Dopamine agonists can be used for Parkinson's, depression and fibromyalgia

## What are the side effects? --

Most side effects are directly related to the speed at which the IV is infused at the time of the infusion. They can be relieved by slowing down the infusion. Side effects lessen with subsequent infusions.

- Headache or fullness/pressure in the head
- Chest tightness
- Anxiety feeling
- Severe nausea/abdominal cramping

## What can I expect to feel afterward?

- mental clarity
- enhanced energy
- effects felt more after 3-4 infusions

## Is NAD+ safe?

- Yes. NAD+ is safe. All treatments are created by board-certified physicians and administered by providers and IV Specialists at IVitamin.



## NAD + IV at IVitamin

For anti-aging and a brain reboot. A form of vitamin B3 helps protect tissues, induces DNA repair, and aids ATP energy production. The NAD+ Drip is several hours. For optimal results, complete a series of 4 NAD+ IV Drips.

### ***Protocol:***

Optimal use for anti-aging and energy restoration is:

- i. Loading phase: once weekly for 4 weeks
- ii. Booster infusion: 1 month later
- iii. *Maintenance IV infusion:* every 3-6 months or as needed
- iv. Based on patient needs and provider clearance frequency in IVs can be increased but with a minimum time between infusions of 3 days.

### ***Book Now at IVitamintherapy.com***

- [NAD+ IV | 500mg Infusion \\$449 @ IVitamin Lounge or Mobile IV for an additional travel fee \(Home - Hotel - Office\)](#)

- **NAD + IV 4 Pack** | 500mg Infusion for 4 weeks \$1599 Save \$50 per 500mg infusion @ Ivitamin Lounge or Mobile IV for an additional travel fee (Home - Hotel - Office) \*Book your first online and come in and start your regimen. You'll see the how it can make you feel and we'll set you up with this deal.



## **NAD + IM SHOT**

For help with anti-aging and a brain reboot. A form of vitamin B3 helps protect tissues, induces DNA repair, and aids ATP energy production. One NAD+ IV is suggested prior to receiving an NAD+ IM shot. Protocol: NAD+IM Shot: Two 50mg shots/week for two weeks or 50 or 100mg/once or twice a week for maintenance.

**Book Now at [IVitamintherapy.com](http://IVitamintherapy.com)**

- [50mg dose \(0.5 mL\) \\$50 Single Shot, \\$175, 4-Pack \(\\$25 savings\) @ Ivitamin Lounge or Mobile IV \(Home - Hotel - Office\)](#)
- [100mg dose \(1mL\) \\$100 Single Shot, \\$375, 4-Pack \(\\$25 savings\) @ Ivitamin Lounge or Mobile IV \(Home - Hotel - Office\)](#)

## **NAD+ on You Tube**

Watch the [IVitamin NAD+ Playlist](#)

## **NAD+ 2022 Testimonial on Google Reviews | Find more IVitamin reviews on Google**

*"IVitamin is the absolute best when it comes to IV therapy in the Austin area. My wife and I have been using them for years and have tried all of their products. Their prices are reasonable, they have an incredible staff and they've even come to my office when I was too busy to make it into their office location. I recently did a 4-week cycle for NAD + and immediately felt the mood elevation/increased energy levels I've been reading about and am looking forward to the long-term health, neurological and anti-aging benefits. I can't wait to start my next NAD + cycle with IVitamin!" - M. R., 2022 IVitamin Client*

**Two Austin, Texas IV Lounges or Click [HERE](#) to inquire about MOBILE IV or Call 512-275-2448**

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