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PURE WELLNESS Real Client Wellness Questions Answered

# What is NAD+?

NAD+ (REPAIRS ON A CELLULAR LEVEL)

Nicotinamide Adenine Dinucleotide (NAD) is a form of Vitamin B3 or more specifically Niacin, a water-soluble B Vitamin that is absorbed by the tissues in your body and converted into NAD+. It is a metabolic co-enzyme found in all living cells and has more than 500 enzymatic functions in the human metabolism including preventing cellular breakdown. It is tasked with the important job of repairing the mitochondria, also called the "powerhouses" of our cells.

As we age, our NAD levels decrease, making it more difficult for damaged cells to repair themselves. Research has indicated that increasing our NAD levels could rapidly repair those cells in the body as well as neurons in the brain while also mending the defective mitochondrial DNA which has been known to cause us to age. In fact, research shows that supplementing NAD+ can prolong cellular aging as well as prevent neurodegenerative diseases.

## What are the benefits of NAD+?

**Brain & Energy Optimization:** NAD+ may create bigger and stronger mitochondria, potentially allowing more ATP (energy) production. This process allows brain neurons to be repaired and allows the brain to operate at higher levels. Patients who have utilized NAD+ therapy have reported feeling more energetic as well as increased mental clarity.

**Anti-Aging:** NAD+ has been known to repair and remodel mitochondria DNA cellular damage. The mitochondria may work at a higher level of efficiency which allows the body to function at a higher level.

**Metabolic Function & Performance:** Research has shown that NAD+ potentially adds to the ATP (energy) load or the bio-chemical fuel that allows athletes to perform and recover more efficiently.

## How can I increase my levels of NAD+?

The most effective way to increase your NAD levels is with IV Drip infusions, however, there are effective oral supplements available that can help support the natural production of NAD. Research has also shown that diets rich in whole grains and cow-based dairy products may boost levels.

### IVITAMIN PROPRIETARY IV DRIP BLENDS

- IREHYDRATE - HELPS WITH DEHYDRATION
- IRECOVER - HANGOVER
- IREGENERATE - ATHLETIC PERFORMANCE
- IREDUCE - METABOLISM BOOST
- IREVITALIZE - ANTI-AGING
- IREJUVENATE - JETLAG/FATIGUE
- IREVIVE - MYERS COCKTAIL
- IRENEW - IMMUNITY
- IWANTITALL - EVERYTHING

### IVITAMIN IV ELITE

- NAD+ IV OR IM SHOT - FOR ANTI-AGING AND A BRAIN REBOOT
- EXOSOME IV - CELLULAR REPAIR

### IVITAMIN BOOSTERS

Vitamin B12, Vitamin C, Zinc, Biotin, Glutathione, Folic Acid, Amino Max Blend, Vitamin D3, CoQ10 and MIC



Studies have shown that improved NAD+ levels can leave people feeling and looking younger while also having improved brain and mental clarity.



YouTube

Learn about NAD+ on YouTube



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