

# NAD+ FAQ

## **What is NAD+?**

Nicotinamide adenine dinucleotide (NAD+) is found in every living cell, serving as an essential cofactor – the compounds necessary for the activity of molecular machines (enzymes) – involved in fundamental biological processes. Initially discovered in 1906, NAD+ has seen a resurgence in research continually showing that NAD+ is critical for maintaining the health of our cells, tissues, and bodies.

## **What are the benefits of taking NAD+?**

Some of the many benefits of NAD+ include an improvement in energy levels, mood, and mental clarity. NAD+ is effective in reducing cravings and lowering fatigue levels. It is also known to help support and improve post-workout recovery!

## **What does NAD+ do in the body?**

NAD+ is among the most vital nutrients we need to survive. The primary role of NAD+ in the body is to transfer energy from one cell to another. In other words, NAD+ is how we convert energy from food into cellular energy. We also use NAD+ to ensure proper cellular functioning, to protect our DNA as we age, to maintain a healthy metabolism, and to maintain our circadian rhythms.

## **If NAD+ is naturally in my body, why would I need NAD+?**

The natural levels of NAD+ in your body decrease over time, and certain factors – such as stress, sleep problems, environmental elements, and drug use – can further accelerate the aging process. You can help prolong your youthfulness by avoiding these factors and also by restoring your body's reserve of NAD+.

## **How are NAD+ injections different from NAD+ supplementation ?**

Boosting NAD+ levels through oral supplementation (pills) isn't as effective as through NAD+ infusion, because the digestion process reduces the amount of NAD+ available for your body to use. NAD+ supplements only contain the building blocks of NAD+ and not the full NAD+ molecule. Bypassing the intestinal tract through infusion enables your body to fully absorb and utilize the NAD+ being administered.

## **What are the side effects of NAD+?**

While safe for most patients, side effects may include: Nausea, brain fog, cramping during therapy, redness, tenderness, or swelling at injection site, headache, fatigue