

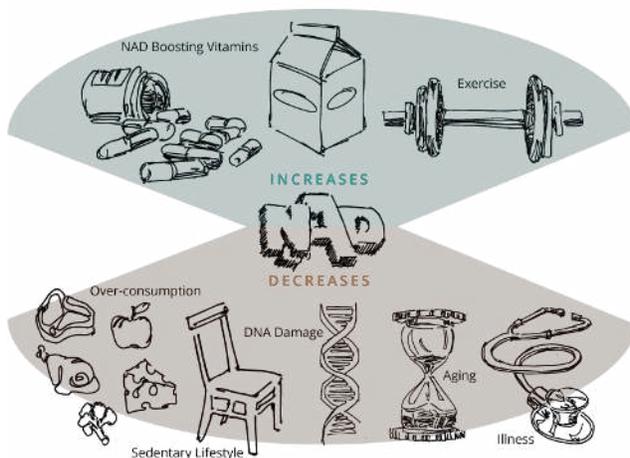
## NAD Solution Fact Sheet and Instructions

NAD stands for nicotinamide adenine dinucleotide.

It is a molecule found in every cell in the body. NAD is used to power metabolism by enabling the mitochondria – the ‘power stations’ of the cell to convert the food we eat into the energy our body needs to sustain all its functions. It is also required to “turn off” genes implicated in accelerating aging processes<sup>1,2</sup>.

NAD helps maintain healthy mitochondrial function – an important component of healthy human aging. Research shows that as we age levels of NAD decline substantially. This decline leaves us at greater risk for neuro and muscular degeneration, declines in our cardio metabolic health and our capacity for cellular repair and resiliency.<sup>3,4</sup>

**Today, scientists believe NAD is key to increasing the amount of time we spend in good health.**<sup>1-4</sup>



**\*\*\*Informational Purposes Only\*- These statements are based off testimonials received by actual customers**

1) Upon receiving NAD, place in refrigerator immediately until ready to use. Keep out of sunlight or light. Only take out of fridge until ready to use. NAD expires 2 months after compounded date. All NAD is compounded especially for you.

2) NAD can be used as a **slow** IV push or as part of IV Drip

3) NAD should never be mixed with any other IV medications.

1) If using **IV Drip**- Remove NAD contents from vial using syringe. Then inject NAD into IV bag port and mix well. Once you have successfully started drip, titrate the flow rate to desired comfort level. Remember NAD is uncomfortable to say the least and everyone responds differently.

4) Each person responds differently to the effects of NAD, never **push** NAD fast ( **no more than .5 cc** at a time or less then wait 30 seconds to 1 minute for effects to subside before pushing in more)

5) **We recommend the Box Breathing or Wim Hof technique when doing NAD infusions.**

6) A typical infusion takes anywhere between 1-2 hours to 4-8 hours depending on the individuals tolerance.

7) If you have any specific questions about the quality control and COA please email [ivnadslc2019@gmail.com](mailto:ivnadslc2019@gmail.com) and put NAD info in subject line.

*These statements have not been evaluated by the [Food and Drug Administration](#). These products are not intended to diagnose, treat, cure, or prevent any diseases.*