

NAD-Intranasal

PEPTIDES

Intranasal dosing recommendations for NAD+

CONTRAINDICATIONS Do not use if pregnant or nursing Do not use if you have had a recent or active cancer diagnosis Do not use if you are hypersensitive or allergic to NAD+ **DOSING** Cycle Length: 12 week cycle followed by 2 week washout period. No, that is not a typo. Dosing Times: Morning to early afternoon. Onset Time: As little as a few minutes to as long as several hours. Additional Considerations: Does not require administration during a fasted state, as the intranasal administration bypasses the gastrointestinal tract. Storage: Atomizer should be refrigerated. Administration: Intranasal spray. Always split dose between both nostrils as much as possible. This is because it increases the mucosal surface area exposed to the solution, decreases runoff into the throat/loss from swallowing, and allows for more consistent absorption because nasal airflow, congestion, mucus, and the normal nasal cycle may make one nostril less effective than the other at any given time. Proper technique is important. **DO NOT TILT YOUR HEAD BACK** to dose. With your head tipped forward , tilt your atomizer towards the outside of your nose/outside corner of your eye, then sniff the spray gently. Take 4-20 sprays (20-100mg) per day, 2-6 days per week. Typically you will start at 4 sprays (20mg), 2-3 days per week, then gradually increase the number of days at that dose

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