

NAD

PEPTIDES

IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide NAD+ is a coenzyme that is involved

IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide NAD+ is a coenzyme that is involved in a broad number of biological functions. Starting around the age of 30, naturally occurring levels of NAD+ begin to decline, and continue to diminish as time passes. Because it is present in every living cell and aids in so many vital processes—regulating circadian rhythm, DNA repair functions, and immune system health—the decline in NAD+ levels can be linked to a number of health problems. These problems can include various cancers, neurodegenerative diseases like Alzheimer's and Parkinson's, and metabolic disorders.

BENEFITS OF SUPPLEMENTATION WITH NAD + Promotes healthy aging and extends lifespan Boosts energy Improves overall health Increases metabolism and supports weight loss Protects brain cells from oxidative stress and insufficient blood flow Promotes proper functioning of mitochondrial cells Reduces atherosclerosis (plaque buildup in arterial walls) Supports better cardiovascular health by restoring arterial elasticity Maintains and/or improves cognitive function Improves muscle function Enhances skeletal muscle development and mitochondrial health Supports immune system activity (which consumes NAD+ as it becomes more active) Linked to sirtuins , proteins essential to healthy aging, metabolism regulation, DNA repair, and chromosomal stability

POSSIBLE SIDE EFFECTS Diarrhea Bruising easily Increased wound bleeding Nausea Vomiting

EXCESSIVE INTAKE (OVER 3,000 MG/MONTH) MAY LEAD TO: Liver damage Kidney disease Increased risk of vascular complications

CONTRAINDICATIONS Do NOT take NAD+ if: You are pregnant or breastfeeding You are diabetic — use with caution due to potential insulin resistance, high blood sugar, and glucose intolerance You have active cancer or are undergoing cancer treatment You are taking blood pressure medications — NAD+ may enhance their effects and lead to hypotension You are on anticoagulants such as Coumadin/Warfarin — NAD+ may interfere with blood clotting You are taking antidepressants — NAD+ may worsen mood-related symptoms You are taking NAD+ with Melatonin — may cause amplified fatigue, grogginess, or brain fog

Note : Antioxidants like Quercetin and Resveratrol can increase NAD+ levels five-fold, which may also magnify side effects such as hot flashes, nausea, skin itching/burning, calf cramps, headaches, abdominal pain, and fatigue.

RECONSTITUTION, DOSING, AND ADDITIONAL CONSIDERATIONS Cycle up to 12 weeks followed by 4-6 week washout period Dose 2-7 days per week Dose in the morning It is not necessary to be in a fasted in order to dose, and if you tend to have side effects with NAD, they may be minimized or alleviated by eating a light meal with your dose

Subcutaneous or Intramuscular administration *If the dose calls for 100 units, but you would rather take 25, 50, or 75, absolutely do that! We always*

encourage you to dose conservatively and to only increase your dose as necessary to continue sustaining benefits from the peptide **SUBCUTANEOUS OR INTRAMUSCULAR ADMINISTRATION?**

Intramuscular (IM) NAD is acidic, and may cause burning during injection, muscle soreness, and muscle stiffness High risk of histamine reactions (flushing, tightness in the chest, throat tingling, cough)

Subcutaneous (SubQ) Slower, steadier absorption; less painful than IM; better tolerated; smoother systemic rise Slower onset and less pronounced effects; may cause redness, firm nodules, and temporary swelling

BUFFERED NAD+: 500MG RECONSTITUTION Mix with 2.5mL (250 units) of Bacteriostatic Water (with .9-1.1% Benzyl Alcohol) DOSING Week 1: 12-25 units (25-50mg), 2x/week Week 2: 25-50 units (50-100mg), 2x/week Weeks 3-6: 25-50 units (50-100mg), 4x/week Weeks 7-8: 25-50 units (50-100mg), 4-7x/week Weeks 9-12: 25-50 units (50-100mg), 4-7x/week Recommended cycle period, but not absolutely mandatory

NAD+: 1,000MG RECONSTITUTION Mix with 5mL (500 units) of Bacteriostatic water (with .9- 1.1% Benzyl Alcohol) DOSING Week 1: 12-25 units (25-50mg), 2x/week Week 2: 25-50 units (50-100mg), 2x/week Weeks 3-6 : 25-50 units (50-100mg), 4x/week Weeks 7-8: 25-50 units (50-100mg), 4-7x/week Weeks 9-12: 25-50 units (50-100mg), 4-7x/week

UNBUFFERED NAD+: 500MG RECONSTITUTION Mix with 5mL (500 units) of Bacteriostatic water (with .9- 1.1% Benzyl Alcohol) DOSING Week 1: 25-50 units (25-50mg), 2x/week Week 2: 50-100 units (50-100mg), 2x/week Weeks 3-6 : 50-100 units (50-100mg), 4x/week Weeks 7-8: 50-100 units (50-100mg), 4-7x/week Weeks 9-12: 50-100 units (50-100mg), 4-7x/week Recommended cycle period, but not absolutely mandatory

NAD+: 700MG RECONSTITUTION Mix with 7mL (700 units) of Bacteriostatic water (with .9- 1.1% Benzyl Alcohol) DOSING Week 1: 25-50 units (25-50mg), 2x/week Week 2: 50-100 units (50-100mg), 2x/week Weeks 3-6 : 50-100 units (50-100mg), 4x/week Weeks 7-8: 50-100 units (50-100mg), 4-7x/week Weeks 9-12: 50-100 units (50-100mg), 4-7x/week Recommended cycle period, but not absolutely mandatory

NAD+: SYNERGISTIC STACKS

Resveratrol – amplifies NAD+ production and supports mitochondrial function Quercetin – boosts NAD+ levels but may increase sensitivity to side effects NR (Nicotinamide Riboside) or NMN (Nicotinamide Mononucleotide) – precursors that help sustain NAD+ levels between injections

Melatonin – supports circadian rhythm, but use with caution due to amplified fatigue when stacked with NAD+ Glutathione – enhances cellular detox and works synergistically with NAD+ for anti-aging and metabolic health Pterostilbene – a more bioavailable alternative to resveratrol that enhances sirtuin activity in tandem with NAD+ Caution : Stacking NAD+ with other compounds that significantly raise NAD+ levels (like Quercetin or Resveratrol) may intensify side effects.

RESEARCH USE DISCLAIMER: All information in this document is provided strictly for laboratory research and educational purposes. It is not intended for human or veterinary use, diagnosis, or treatment.