

# NAD+ Injection

Nicotinamide adenine dinucleotide · Subcutaneous / IM injection · Cellular energy

SubQ / IM

Daily-Weekly

Refrigerated

Slow Inject

## COMMON INDICATIONS (OFF-LABEL)

- ▶ Energy / fatigue
- ▶ Mitochondrial dysfunction
- ▶ Long COVID recovery
- ▶ Cognitive support
- ▶ Anti-aging / longevity
- ▶ Mood / mental clarity
- ▶ Addiction recovery support
- ▶ Neurological recovery
- ▶ Athletic recovery

## STANDARD SUBCUTANEOUS PROTOCOL

WEEK 1	WEEK 2	MAINTENANCE	LOADING PHASE
<b>50 mg</b> Every other day	<b>100 mg</b> Every other day	<b>100–200 mg</b> 2–3× weekly	<b>100 mg</b> Daily × 10–14 d

### DOSING NOTES

Inject SLOWLY over 1–2 minutes — rapid administration causes flushing, chest pressure, and a strong "flu-like" wave. Most patients learn to titrate injection speed to comfort. SubQ in abdomen is most common; IM is an option for higher doses. Loading phase (daily × 10–14 days) is used for acute fatigue or recovery, then transitioned to maintenance.

## DOSING BY GOAL

GOAL	TYPICAL DOSE	NOTES
General energy / wellness	50–100 mg 2–3× wkly	Maintenance protocol
Long COVID / chronic fatigue	100–200 mg 3× wkly	Loading phase often used first
Cognitive / neuro support	100 mg 2–3× wkly	Often paired with B-complex
Loading / acute recovery	100 mg daily × 10–14 d	Transition to maintenance after
Athletic / longevity	50–100 mg 2× wkly	Adjust to subjective response

## STORAGE & COUNSELING

### STORAGE

- ▶ Refrigerate at 36–46°F (2–8°C)
- ▶ Protect from light — NAD+ is photosensitive
- ▶ Beyond-use date per pharmacy label
- ▶ Do not freeze; discard if discolored

### COUNSELING PEARLS

- ▶ **Slow injection** dramatically reduces side effects
- ▶ Flushing, chest tightness, mild nausea common — usually resolve in 1–2 mins
- ▶ Rotate injection sites; abdomen tolerates best
- ▶ Hydrate before/after injection