



## **Recommended Dosage**

### **NAD+ Addiction Treatment Guidelines**

 Safety - Inherently safe at doses of 2gms/day or less, generally give 800 to 1800mg per day, over 3-8 hour treatment for 7-16 days, depending on drug history

## Nicotinamide Adenine Dinucleotide

# (NAD) Drug Overview

Several recognized non-redoxroles: Important in cell nuclear DNA repair and telomere maintenance.

NAD and NAD+ occur naturally in your body. They play a major role in the chemical process of generating energy. NAD+ is probably the most important co-factor for improving mitochondrial function. Mitochondria are intracellular organelles (a.k.a. "energy powerhouses") where macronutrients (proteins, carbohydrates, and fats from food) are converted to energy-rich ATP molecules for the cell. NAD helps the liver break down fats that are essential to provide energy for the body. It also helps create ATP, which is a major source of energy for cells.Boosting NAD+ may help manage a wide spectrum of diseases, ranging from diabetes to cancer. When NAD+ is given by IV (intravenous), some research has shown it can improve *mental clarity*, alertness, concentration, and memory. Moreover, NAD+ infusions may improve athletic endurance and reverse the symptoms of chronic fatigue.



### NAD+ Anti Aging Treatment Guidelines

• 2 hour infusion of 250mg NAD, utilizing a minimum of 500ML Normal Saline

**NAD+** Neurogenerative Treatment Guidelines

 4 hour infusion of 500mg NAD, utilizing a minimum of 500ML Normal Saline

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