



NAD⁺

NAD+ Injection

PATIENT GUIDE

This guide covers what NAD+ is, what to expect, and when to reach out to your clinical team.

What Is NAD+?

NAD+ (nicotinamide adenine dinucleotide) is a coenzyme found in every cell in the body. It plays a central role in mitochondrial energy production, DNA repair, and cellular signaling, and levels decline with age.

Why Is NAD+ Prescribed?

NAD+ may be prescribed for:

- Wellness, anti-aging, or longevity support
- Chronic fatigue, low energy, or exercise intolerance
- Cognitive support (focus, memory, brain fog)
- Metabolic support
- Post-viral fatigue or long COVID
- Athletic recovery and performance
- Adjunctive support in addiction recovery

NAD+ has no FDA-approved indication, and evidence for these uses is still developing. It is generally considered to have less rigorous evidence than related oral precursors such as NR or NMN.

What to Expect

This medication is given as a subcutaneous injection. **See additional documentation for how to administer a subcutaneous injection.**

- Starts with a lower dose a few times a week for the first month, increasing to build tolerance
- After that, most patients move to an ongoing maintenance schedule of a few times weekly, with your clinician adjusting the dose and frequency based on your response and goals
- If you tend toward insomnia, dosing earlier in the day may help

Required Labs

Lab testing is not required for NAD+.

Storage & Expiration

Storage: It is recommended to store your medication in the refrigerator, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Take NAD+

Do not take this medication if any of the following apply to you:

- Active cancer, or a tumor treated within the last 5 years
- Pregnant or breastfeeding
- Severe liver or kidney impairment
- Uncontrolled high blood pressure, or uncontrolled diabetes
- History of gout or elevated uric acid
- Heart condition within the last year, like a heart attack, heart failure, or arrhythmia (including atrial fibrillation)
- A stroke or TIA within the last year
- Known or suspected G6PD (glucose-6-phosphate dehydrogenase) deficiency
- Known allergy or hypersensitivity to NAD+ or its excipients

Talk to your clinician if any of the following apply to you:

- Abnormal EKG or a known heart conduction issue
- Autoimmune disease
- Seizure disorder or epilepsy
- Asthma or another chronic lung condition
- Chronic infection, a weakened immune system, or take immunosuppressant medication

Possible Side Effects

Common:

- Injection site stinging, burning, or redness
- Flushing or warmth
- Nausea, especially at higher doses
- Headache
- Temporary fatigue after early doses

Less Common:

- Muscle cramping or GI discomfort
- Dizziness
- Chest tightness
- Insomnia, if dosed later in the day
- Elevated uric acid
- Palpitations or a rapid heartbeat

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop signs of infection at the injection site (increasing redness, warmth, swelling, or drainage).

Go to your nearest Emergency Room or call 911 right away if you have any of the following:

- difficulty breathing or swelling of your face, lips, tongue, or throat
- significant chest pain, rapid/irregular heartbeat that feels concerning, or a sustained increase in blood pressure
- persistent vomiting

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

