



NAD+ PRODUCT INFORMATION & FAQ's:

What is NAD+ and how does it work?

What is it?

NAD+ (Nicotinamide Adenine Dinucleotide) is a coenzyme naturally found in every living cell of the body.

It plays a critical role in helping the body produce energy and maintain normal cellular function, which is why it has become such a major focus in conversations around energy, recovery, metabolism, and longevity.

Where is it found?

NAD+ exists naturally throughout the body and is especially important in high-energy tissues and organs, including:

- The brain
- Muscles
- Liver
- Heart
- Nervous system

Because these areas require large amounts of energy to function properly, they rely heavily on NAD+ to support cellular activity.

What does it really do?

At a cellular level, NAD+ acts like a helper molecule involved in hundreds of biological processes.

One of its main jobs is assisting the mitochondria — often called the “powerhouses” of the cell — in converting nutrients from food into usable energy.

Without adequate NAD+, cells struggle to efficiently produce energy and carry out normal repair and maintenance processes.

What is NAD+ used for?

NAD+ is most commonly explored in relation to energy production, recovery, cognitive performance, and longevity-focused pathways. Because NAD+ plays a major role in how cells produce and manage energy, it has become a growing focus within both performance and healthy ageing discussions.

➤ Cellular Energy Production

NAD+ helps the body convert nutrients into usable cellular energy, which is why it's heavily connected to energy levels and overall vitality.

➤ Mental Clarity & Focus

Because the brain requires significant energy to function efficiently, NAD+ is often discussed in relation to:

- Focus
- Mental clarity
- Cognitive performance
- Brain fog and fatigue support

➤ Recovery & Resilience

NAD+ is also involved in cellular maintenance and repair pathways, leading to growing interest around its role in:

- Recovery
- Physical resilience
- Managing stress and fatigue

➤ Longevity & Healthy Ageing

One of the main reasons NAD+ has gained so much attention is because natural levels decline with age.

Researchers are increasingly exploring how maintaining healthier NAD+ levels may support:

- Cellular function
- Vitality
- Energy production over time
- Healthy ageing pathways

➤ Metabolic Function

NAD+ is closely linked to how the body uses and regulates energy, which is why it's frequently explored within metabolic and performance-focused research.

What is the recommended dosage?

There is no single standard NAD+ dosage, and the preferred amount can vary depending on the individual, goals, routine style, and response.

Common approaches include:

- **5–20 mg daily** → often used for smaller, consistent support around energy, mental clarity, and cellular function.
- **20–100 mg per dose, a few times per week** → a commonly used middle ground for energy, recovery, endurance, metabolism, and mitochondrial support.
- **50–300 mg total per week** → sometimes used depending on routine style, experience level, and intended area of focus.

It is best to **start low and conservatively and adjust gradually based on individual response and tolerance**. Always conduct your own research to assist in determining what is the best approach for you.

NAD+ Dosing Guide (1000 mg reconstituted in 5 mL BAC Water):

If 1000 mg of NAD+ is mixed with 5 mL of BAC water, the concentration is:

Units below refer to a 100 unit / 1 mL insulin syringe.

Daily smaller amounts (*commonly used for energy, mental clarity, and cellular support*)

- 5 mg = 2.5 units
- 10 mg = 5 units
- 20 mg = 10 units

A few times per week (*commonly used for energy, recovery, endurance, metabolism, and mitochondrial support*):

- 20 mg per dose = 10 units
- 50 mg per dose = 25 units
- 100 mg per dose = 50 units

Weekly total examples:

- 50 mg per week total = 25 units total per week
- 100 mg per week total = 50 units total per week
- 300 mg per week total = 150 units total per week

How should it be stored?

Once NAD⁺ has been mixed with BAC water, it should be stored refrigerated and handled using good sterile technique.

The vial should only be kept for up to 6 weeks refrigerated after reconstitution, although this can vary depending on factors such as storage conditions, sterility, handling, and the specific formulation.

To help maintain stability:

- Store refrigerated (2–8°C)
- Protect from heat and light
- Use clean sterile technique when drawing doses
- Avoid unnecessary warming, contamination, or prolonged room-temperature exposure

Do not use if the solution develops cloudiness, particles, significant colour change, or other unusual changes in appearance.

How long will one vial last?

The duration of a single vial will vary depending on the dosage protocol being followed. In most cases, one vial may last anywhere from approximately 2 to 8 weeks.

Please note that once a vial has been reconstituted, it is generally recommended that it be used within 6-8 weeks. Reconstituted solutions should not be stored beyond this period, regardless of the amount remaining.

What does a typical cycle of NAD⁺ look like?

There is no single standard NAD⁺ routine, and frequency can vary depending on the individual, goals, and the form being used.

Common approaches include:

- **Daily use** → often involving smaller, consistent amounts for energy, mental clarity, and cellular support.
- **A few times per week** → a commonly used middle ground for energy, recovery, endurance, metabolism, and mitochondrial support.
- **Weekly or lower-frequency use** → sometimes preferred by individuals wanting a simpler routine, larger spacing between doses, or a lower-frequency maintenance approach.

It is best to begin with lower dosage amounts, gradually adjusting frequency or amount over time before moving into a maintenance routine that suits their goals and response.

How is it administered?

Injectable NAD⁺ is typically used in a **subcutaneous (under the skin)** format. Professionals describe it as being administered similarly to other subcutaneous research peptides — meaning:

- It is delivered **into the fatty tissue layer**, not the muscle.
- Common areas *in general peptide use* include the abdomen, outer thigh, or upper arm.
- It is designed to enter circulation gradually so the peptide can exert its effects throughout the body.

To administer:

- Pinch the skin to create a bunched up section of fat
- Inject the needle parallel to your body, directly in to the fat, not in to the muscle.

What does an on-cycle and off-cycle look like?

There is no single standard approach to cycling NAD⁺. Some people use it consistently in smaller amounts, while others prefer periods of use followed by maintenance or breaks.

Common approaches include:

- **Consistent routine** → smaller ongoing amounts used daily or a few times per week.
- **Focused phase + maintenance** → a period of more regular use followed by lower-frequency dosing.
- **On / off cycles** → periods of use followed by breaks, often based on individual goals, routine, or response.

The preferred approach can vary depending on factors such as energy, recovery, endurance, metabolic support, lifestyle, and individual preference.

What are the potential side effects?

Potential side effects of NAD⁺ can vary depending on the individual, dosage, frequency, and route of administration.

Reported side effects may include:

- Nausea
- Headache
- Flushing, warmth, or histamine-type reactions
- Fatigue or tiredness
- Dizziness or light-headedness
- Injection site irritation, redness, itching, or burning (*with injectable forms*)
- Temporary chest tightness or discomfort (*reported more commonly with faster or higher dosing*)

Some individuals report feeling energised, mentally clear, or focused, while others may experience tiredness or stronger side effects, particularly when first starting or using larger amounts.

Because some reactions may be related to histamine release, some people find that taking an antihistamine around 20 minutes prior may help reduce symptoms such as flushing, warmth, itching, or injection-related irritation.

Beginning with lower amounts and adjusting gradually is a commonly used approach to help assess individual response and tolerance.

Why are NAD+ levels important?

NAD+ levels are important because NAD+ is involved in many of the body's most essential cellular processes — especially energy production.

Every cell in the body relies on NAD+ to function properly. Without enough of it, cells become less efficient at producing energy and carrying out normal maintenance and repair processes.

NAD+ helps support:

- Cellular energy production
- Recovery and repair pathways
- Brain and cognitive function
- Metabolic activity
- Overall cellular health

Because of this, tissues that require large amounts of energy — such as the brain, muscles, heart, and nervous system — depend heavily on healthy NAD+ levels.

One of the biggest reasons NAD+ has become such a major focus is because natural levels decline over time.

Research suggests this decline may be influenced by:

- Ageing
- Stress
- Poor sleep
- Inflammation
- Physical demand
- Lifestyle factors

As NAD+ levels decrease, this may affect:

- Energy levels
- Recovery capacity
- Mental clarity
- Resilience and vitality
- Overall cellular efficiency

Is NAD+ linked to de-aging?

NAD+ has become strongly associated with longevity and healthy ageing discussions because natural NAD+ levels decline as we get older.

As these levels decrease over time, researchers believe this may influence things like:

- Energy production
- Recovery capacity
- Cognitive performance
- Cellular function
- Overall vitality

This is one of the main reasons NAD+ has gained so much attention within the longevity space.

Is NAD+ actually a de-aging peptide?

The term “de-ageing” is often used online, but it’s important to understand that NAD+ is not viewed as a literal reversal of ageing.

Instead, most discussions around NAD+ focus on:

- Supporting cellular efficiency
- Maintaining energy production
- Supporting recovery and resilience
- Promoting healthier ageing pathways

This is why NAD+ is often positioned more as a longevity and vitality-focused molecule rather than a “reverse ageing” solution.

How does NAD+ make you feel?

Experiences with NAD+ can vary from person to person. Some people report feeling more energised, mentally clear, or focused, while others notice little change initially.

Common positive effects:

- Steadier energy levels
- Improved focus and mental clarity
- Increased motivation or alertness
- General wellbeing and recovery support

Some individuals may also experience side effects, particularly with higher amounts or when first starting, such as:

- Nausea
- Headache
- Flushing or warmth
- Fatigue
- Injection site irritation (with injectable forms)

Because responses can differ between individuals, it is always recommended to start on a low dose and determine how your body responds. It is also important to do your own research to determine suitable dosing depends on your personal goals.

Can NAD+ help with other factors such as endurance and recovery?

Potentially, yes.

NAD+ plays an important role in cellular energy production. It is involved in processes that help cells convert nutrients into usable energy (ATP), which is one reason it has attracted interest in areas such as performance, recovery, and healthy ageing.

NAD+ has been explored in relation to:

- Energy production and stamina
- Exercise performance and endurance
- Recovery and resilience
- Mitochondrial function (the cell's "energy factories")
- Cognitive function, focus, and mental clarity
- Healthy ageing and cellular repair processes

Because endurance, recovery, and physical performance rely heavily on efficient energy metabolism, NAD+ is often discussed in connection with supporting these systems. Research into NAD+ and its role in metabolism, cellular health, and human performance continues to grow.

How is NAD+ different to MOTS-c if they are both energy related?

While NAD+ and MOTS-c are both often discussed in relation to energy, they work in different ways within the body.

NAD+ is a molecule naturally found in cells that plays a central role in cellular energy production. It helps enzymes convert nutrients into usable cellular energy (ATP) and is heavily involved in metabolism, mitochondrial function, and cellular repair processes.

MOTS-c, on the other hand, is a mitochondrial signalling peptide. Rather than acting directly as an energy molecule, it is thought to influence how the body regulates energy use, metabolism, and cellular stress responses.

In simple terms:

- NAD+ → helps cells produce energy
- MOTS-c → helps influence how the body manages and uses energy

NAD+ is often associated with energy metabolism, mitochondrial support, and cellular function, while MOTS-c is commonly utilised in relation to metabolic regulation, exercise adaptation, endurance, and how cells respond to energetic stress.

How long does it take to work?

This can vary depending on the individual, the form used, and factors such as dose, frequency, metabolism, lifestyle, and overall health.

Some people report noticing effects such as improved energy, focus, or mental clarity relatively quickly, while others describe more gradual changes developing over days or weeks of consistent use.

The timeline can also depend on what someone is looking for. For example:

- Energy and alertness → sometimes noticed sooner
- Recovery, endurance, and exercise performance → may take more consistent use over time
- General wellbeing and resilience → often described as building gradually

Because NAD+ is involved in fundamental cellular energy processes, experiences can differ between individuals and may not be immediate for everyone.

What is NAD+ commonly paired with and why?

NAD+ is often paired with compounds involved in energy production, metabolism, mitochondrial function, recovery, and cellular health. Different pairings are typically chosen depending on the intended area of focus.

- MOTS-c → the most common pairing with NAD+. This is because both are associated with cellular energy and mitochondrial function, but through different mechanisms. NAD+ is involved in energy production, while MOTS-c is more linked to energy regulation, metabolism, endurance, and exercise adaptation.

NAD+ and MOTS-c can complement each other through their roles in cellular energy and mitochondrial function. NAD+ helps support energy production within cells, while MOTS-c influences how the body regulates, uses, and adapts to energy demands. Together, they may support areas such as energy, endurance, exercise performance, recovery, metabolic function, mitochondrial health, and healthy ageing.

- Retatrutide → sometimes utilised alongside NAD+ in relation to metabolic health, energy balance, nutrient regulation, and body composition.
- GHK-Cu → commonly paired with NAD+ for a broader focus spanning cellular energy, metabolism, tissue health, cellular repair, and regenerative signalling.

Can I use when pregnant or breastfeeding?

NAD+ use during pregnancy or breastfeeding is generally not recommended unless under the guidance of a qualified healthcare professional.

Research on supplemental or injectable NAD+ use during pregnancy and breastfeeding is limited, and there is not enough evidence to clearly establish safety in these populations.

If pregnant, planning pregnancy, or breastfeeding, it is important to consult a healthcare professional before use.