



What is NAD+ and why do I need it?

NAD+, or nicotinamide adenine dinucleotide, is a coenzyme, which occurs naturally in the body and is found in all of our cells. It is essential for the metabolic processing of nutrients. As a coenzyme, it binds with other proteins to help provide a variety of benefits such as DNA repair and cell repair. NAD+ coenzymes are essential for life and science has suggested that it provides benefits from head-to-toe.

NAD+ keeps each cell running like a tiny, well-oiled machine. When your cells live longer and function in top form, you experience more energy and less brain fog. You feel and look young. Without sufficient NAD+ levels, our cells wouldn't be able to generate energy to survive and carry out their functions. Other functions of NAD+ include regulating our circadian rhythm, which controls our body's sleep/wake cycle.

Your body produces its own NAD+. However, NAD+ levels decrease for many reasons, including but not limited to, age, lifestyle factors, stress, medication, nutrition. Each strand of your DNA contains the blueprint for your entire body, but when it gets damaged, it can cause cells to die or mutate. NAD+ is referred to as a "helper" coenzyme essential for repairing DNA and helping your cells work better.

How are NAD+ enzymes restored?

NAD+ IV therapy is an infusion therapy that is all-natural, holistic and has shown outstanding results which restores naturally depleted NAD+ levels. NAD+ therapy can fight the physical effects of aging, reduce depression and anxiety, combat chronic fatigue and sleep disturbances and help relieve/reduce physical and emotional issues associated with autoimmune and inflammatory diseases.

Administering a high dose of NAD+ straight into your bloodstream, compared to other routes (i.e. oral) will give you a faster, more effective outcome. This high dose quickly optimizes your NAD+ levels, which revs up the engine in your cells.

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When NAD⁺ is injected into the body through IV infusion, it immediately reaches the brain/body and performs the following beneficial functions:

- Releases neurotransmitters which are essential for the function of the brain and nervous system.
- Releases coenzymes and other chemicals which are responsible for mood elevation and generation of feelings of calmness and happiness.
- Acts as a powerful detoxifier. Removes harmful substances and drugs from the body, thereby restoring health and giving a feeling of calmness. Improves ability to focus and to handle difficult situations.

Benefits of NAD⁺ IV therapy include, but are not limited to . . .

- Boosting metabolism
- Reducing pain
- Improving fatigue / sleep issues
- Maximizing brain power

How does NAD⁺ affect aging?

NAD⁺ is a powerful naturally occurring coenzyme involved in vital bodily functions. As the body ages, NAD⁺ levels fall, resulting in signs of aging. IV NAD⁺ therapy for anti-aging, boosts NAD⁺ levels, resulting in remarkable antiaging outcomes impacting energy levels, mood, athletic performance, cognitive function, and more.

As a person ages, the telomeres, which are protective caps at the ends of chromosomes naturally get shorter and “fray” like the end of a shoelace. NAD⁺ helps lengthen these telomeres and reduces that “fraying” process. NAD⁺ IV treatments release this powerful coenzyme directly into the bloodstream making it immediately available for cells to combat the natural, gradual decline.

- Aging leads to weaker muscles, wrinkling skin, lower energy, and decreased muscle tone. Whilst the aging process cannot be stopped, it can be slowed.
- NAD⁺ lengthens telomeres, the protective caps at the end of your DNA, and reverses age-related damage at the cellular level.
- IV NAD⁺ therapy slows the aging process, flushes damaging free radicals from your body, and restores your energy, muscle tone, and cognitive function.

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How does NAD+ reduce fatigue?

Clinical fatigue is a type of fatigue that has an underlying cause which is affecting the body's ability to reenergize. There are many causes for fatigue, including, but not limited to, COVID-19, flu, allergies, anemia, depression and chronic disease. These conditions cause fatigue because they hamper the body's ability to operate at an optimal level.

When a person has one of these conditions, he/she may feel unable to operate at the energy levels with which they previously performed. In such instances, the body may need assistance to generate energy.

NAD+ is involved in energy-producing chemical reactions in the body, while fatigue is a general lack of energy. If NAD+ levels are low, this could lead to low levels of energy, leading to fatigue. So, how does boosting NAD+ help?

Boosting NAD+ levels in the body increases the bioavailability of this crucial coenzyme, giving cells the tools needed to create energy, possibly countering the effects of fatigue. NAD+ helps catalyze bodily reactions involved in energy production which leads to increased vitality.

How does NAD+ improve brain health?

As you get older, your brain may not quite work the way it used to work. This is because the neurons in the brain lose structure with age; this process is known as neurodegeneration. The pathways in your brain are no longer as connected as they once were. NAD+ treatment works by assisting with brain restoration thus improving cognitive function.

Low levels of NAD+ in the brain create issues with converting glucose to energy, resulting in a low supply of cellular energy to your brain cells. By restoring or boosting the amount of NAD+ available to your body through NAD+ IV therapy, brain cells can operate at optimum levels improving your brain health.

How does NAD+ reduce chronic pain?

Whether aches and pains are from injury, overexertion, inflammation, autoimmunity or simply an unknown cause, all of your cells require NAD+ for development, regeneration and immune function. Under these conditions, your body may be unable to maintain sufficient levels of NAD+ to meet its needs thus contributing to chronic pain.

NAD+ acts as a coenzyme involved with cellular regeneration thru the activation of enzymes. NAD+ IV therapy helps to activate these enzymes. It also can protect the cells and reduce inflammation, making it an effective therapy for chronic pain.

How does NAD+ treat anxiety/depression?

The goal of administering NAD+ is to reverse the cellular deterioration that takes place when the body's stores of NAD+ are depleted. Without stores of NAD+, cells are not able to carry out their daily functions. This leads to numerous issues that might manifest as symptoms of anxiety or depression.

Critically low levels of NAD+ can lead to a higher risk for developing problems related to depression, anxiety and other mental disorders. It is important to treat these using a well-rounded approach focusing on both the emotional and physical aspects. NAD+ IV therapy is often a useful adjunct in the treatment plan accompanying counseling and other therapy.

NAD+ has been shown to be highly effective in elevating mood and reversing feelings related to anxiety and depression. It has also been shown to replenish the neurotransmitters, such as dopamine, which have been depleted.

How is NAD+ used to diminish cravings?

NAD+ helps with curbing the cravings for a substance or undesired behavior. Also, because of its mood-enhancing and energy-boosting properties, it often helps clients feel better whilst going thru treatment. This can prevent them from seeking comfort thru the use of the substance or undesired behavior.