

!⚠️ WHY MORE MG DOESN'T ALWAYS MEAN BETTER IN IV NAD⁺ THERAPY

While NAD⁺ therapy offers benefits like **boosting energy metabolism**, **improving mitochondrial function**, and **slowing cellular aging**, **higher doses (e.g., 250mg or 500mg)** are not always more effective—and can lead to **unwanted side effects**.

⊗ What Can Go Wrong with High-Dose or Rapid IV NAD⁺?

When NAD⁺ is administered **in excess or too quickly**, it can cause:

1. **Nausea / Vomiting**
 - Especially common in doses $\geq 250\text{mg}$ with fast infusion.
2. **Chest Tightness / Palpitations**
 - Due to rapid shifts in mitochondrial or vascular activity.
3. **Headaches / Dizziness**
 - From high doses or inappropriate infusion rates.
4. **Muscle Cramps / Weakness**
 - Possibly linked to overstimulation of cellular repair enzymes (sirtuins).
5. **Anxiety / Discomfort**
 - Reported in clinical settings, especially with fast “push” infusions.

✓ Best Practices for Safe IV NAD⁺ Therapy

- **Standard Dosage:** 100mg to 250mg, tailored to the patient's condition.
 - **Infusion Duration:** 1.5 to 4 hours (slower is safer).
 - **Monitoring:** Vitals and patient feedback should be closely observed.
 - **Customization:** Doses should be personalized—not “the more, the better.”
 - **Avoid DIY IV:** NAD⁺ therapy must be supervised by qualified professionals.
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References & Supporting Evidence

1. Dr. Richard Mestayer / Dr. Ken Starr (NAD⁺ IV Experts)

Recommend slow administration over 2–4 hours; fast IV push is linked to nausea, chest pressure, and anxiety.
(*Starr Wellness Group, U.S.*)

2. **Frontiers in Aging Neuroscience, 2017**

High plasma NAD⁺ levels can disturb metabolic homeostasis; dosing must be controlled.

- PMID: 28326038

3. **NIH Clinical Studies on NAD⁺**

Most NAD⁺ trials use 100–250mg with controlled infusion; higher doses are not standard without safety validation.
(*ClinicalTrials.gov*)

4. **Dr. David Sinclair, Harvard Medical School**

Emphasizes that NAD⁺ should be raised gently to avoid systemic stress.
(*Cited in academic talks, interviews, and published works.*)

5. **FDA / USP Sterility & Stability Guidelines**

Reconstituted injectable products must adhere to microbial limits and validated shelf-life, typically within 24–48 hours.

Final Summary

⚠️ More NAD⁺ isn't always better. Excessive doses or improper infusion can cause discomfort and health risks.

✓ The gold standard is a **certified, properly dosed, gradually infused** NAD⁺ IV prepared with validated testing:

- **HPLC (purity)**
- **Endotoxin & Sterility**
- **Pyrogen Test**
- **COA (Certificate of Analysis)**

