



RELIFE REGENERATIVE

NAD⁺ Therapy

A concise overview to help you have an informed conversation with our medical team.

Nicotinamide adenine dinucleotide (NAD⁺) is a coenzyme found in cells throughout the body. It plays an essential role in cellular energy metabolism and is used by enzymes involved in functions such as DNA repair and cell signaling.

Why people ask about NAD⁺

People commonly explore NAD⁺ therapy as part of a broader wellness plan focused on:

- energy and fatigue concerns
- focus or mental clarity
- exercise recovery and performance
- healthy-aging goals

These are treatment goals, not guaranteed results. Individual response varies.

What a consultation covers

A clinician reviews your symptoms, health history, medications, allergies and goals before recommending whether NAD⁺ therapy is appropriate.

The route, amount, schedule, monitoring and cost should be discussed with the clinic because they depend on the treatment plan and medical evaluation.

What the current evidence says

The biology is well established: NAD⁺ participates in energy-producing reactions and supports the activity of several important enzyme systems.

The clinical benefits are still being studied: a 2026 systematic review found that oral NAD⁺ precursors such as nicotinamide riboside (NR) and nicotinamide mononucleotide (NMN) can raise NAD-related biomarkers, but functional and wellness outcomes in humans were mixed. The review found no eligible outcomes trials of intravenous or intramuscular NAD⁺ itself for anti-aging or wellness. Claims that NAD⁺ therapy will treat disease, reverse aging or produce a specific result are not established.

Is NAD⁺ therapy right for you?

That decision should be individualized. Tell the medical team if you are pregnant or breastfeeding, have an active or serious medical condition, take prescription medications, have medication allergies, or have had a prior reaction to an infusion or injection.

All therapies can have risks. Depending on the route and formulation, possible reactions may include discomfort at the administration site or symptoms during treatment. Your clinician should explain the expected experience, alternatives and what to do if you feel unwell.

Reply to this email with the best phone number and time to reach you, and our team can help arrange a consultation.

Important: This information is educational and is not a diagnosis or a substitute for medical advice. NAD⁺ products may be compounded. Compounded drugs are not FDA approved, and the FDA does not review them for safety, effectiveness or quality before marketing. Ask the clinician which product and route would be used.

Sources: Griffiths HB et al. *Nicotinamide adenine dinucleotide (NAD⁺): essential redox metabolite...* PubMed PMID 32573651.

Fang E et al. *NAD⁺ supplementation for anti-aging and wellness: a systematic review.* PubMed PMID 41655607. FDA: Human Drug Compounding.