

# NAD+ Injections

Information Guide



## Benefits

01

- Improves energy levels, mental clarity & mood
- Effective in reducing cravings & fatigue
- Improves post-workout recovery
- Compounded & made-to-order by a certified pharmacy after undergoing rigorous testing for potency and purity
- Administered 1-3x per week
- A fraction of the cost of NAD+ infusions



bloomMD 

- NAD stands for Nicotinamide Adenine Dinucleotide
- NAD+ levels decline with age as evidenced in scientific studies
- NAD+ Converts nutrients into energy & maintains healthy DNA
- By improving & sustaining NAD+ levels, you can slow the aging process and enjoy increased energy
- Injections are administered subcutaneously into fatty tissue to facilitate NAD+ into the bloodstream
- A single 0.1ml injection administers 20mg NAD+ (0.25ml = 50mg NAD+, 0.5ml = 100mg NAD+)
- Injections offer optimal absorption to circulate NAD+ faster than other methods & offer more noticeable benefits



The most commonly reported side effect is injection site irritation. If this occurs, consider rotating injection sites on the body or use injections less often. Some may also experience a temporary flushing or warm sensation. Less common side effects are nausea and headaches.

If skin irritation continues to occur, apply an over-the-counter itch cream, preferably with hydrocortisone, or discontinue use.

Do not take NAD+ if you are pregnant, breastfeeding, have seizures, a current cancer diagnosis, or are allergic to any component of this medication

**Note: The above statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



### How do I administer the injection?

You will first wipe clean the area of skin with an alcohol wipe, then use a second alcohol wipe to clean the rubber membrane of the medication vial. Then draw up the prescribed amount with the provided insulin needle and syringe, and inject subcutaneously. Click [here](#) for a video demonstrating how to perform a subcutaneous injection. Click [here](#) for recommended needles.

### How much NAD+ is in each injection?

Our NAD+ formulation contains 200mg/ml. A 10 ml vial totals 2,000 mg NAD+. See the dosing below:

0.1mL (10 units) = 20 mg NAD+

0.25mL (25 units) = 50 mg NAD+

0.5mL (50 units) = 100 mg NAD+

### How much NAD+ do I give myself?

The recommended dose for general health is to start with 0.1ml (20mg NAD+) weekly. Then, as desired, slowly increase to the maximum dose of 0.5ml (100mg) 1-3 times per week.



[Watch Video](#)

### Sample Dosing Schedule

\*Important note: only increase dose as tolerated. If you are feeling benefits on a lower dose, there is no need to increase to the max dose.

Week 1: Inject 0.1mL (10 units) subcutaneously once/week

Week 2: Inject 0.1mL (10 units) subcutaneously twice/week

Week 3: Inject 0.1mL (10units) subcutaneously 3x/week -OR- inject 0.25 mL (25 units) twice/week

Week 4: Inject 0.25 mL (25 units) subcutaneously 2-3x/week

Week 5: Inject 0.5 mL (50 units) subcutaneously 2-3 x/week

Do not inject more than 3x/weekly

### Where on my body should I use the injection?

Ideally, the injection is administered into a fatty layer of skin, such as: back of arm, abdomen, or flank/lumbar region.

### How do I order more?

Please contact BloomMD by texting or calling 801-436-7272 to reorder medication

**We are here to support you. If you have any questions, please feel free to call or text us at 801-436-7272 or email at [support@BloomMD.com](mailto:support@BloomMD.com)**

