

NAD+ — What to Know

levels decline with age

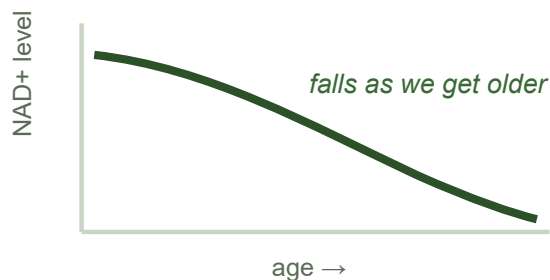
NAD+ (nicotinamide adenine dinucleotide) is a molecule found in every living cell, where it helps turn food into energy. Levels naturally fall as we age, and that decline has made NAD+ and its building blocks one of the most talked-about areas in wellness. This guide reflects our pharmacists' reading of current, still-developing research — it is not medical advice.

What NAD+ is

NAD+ is a **coenzyme** — a helper molecule your cells can't function without. Its main job is in **energy metabolism**: it carries electrons during the process that converts food and oxygen into usable cellular energy. It also supports processes involved in DNA repair and how cells respond to stress. Because the body makes NAD+ from vitamin B3 (niacin) and related compounds, nutrition and aging both affect how much you have.

Why the interest

NAD+ levels tend to **decline with age**, and lab and early human studies have explored whether restoring it — directly, or with precursors like NR and NMN — may support cellular energy, metabolism, and healthy aging. The science is active and genuinely interesting, but still **early and mixed**, and much of it comes from laboratory or small studies rather than large clinical trials.



Established vs. emerging

- **Well established:** NAD+ and its vitamin-B3 building blocks are essential nutrients; severe deficiency (pellagra) is a recognized medical condition treated with niacin.
- **Being studied:** using NAD+ or precursors to boost energy, metabolism, recovery, and healthy aging in otherwise healthy people.

The wellness uses are **areas of ongoing research** — **not proven or FDA-approved** for those purposes. Whether NAD+ is right for you is a decision to make with your prescriber.

Forms & what to expect

Your prescriber chooses what fits you:

- **Injection (subcutaneous):** a small under-the-skin shot; may cause mild, temporary redness or soreness at the site. See our Subcutaneous Injection guide.
- **Other forms:** IV infusions (given by a clinic), nasal sprays, and oral precursors (NR/NMN). With IV, going too fast can cause flushing, cramping, or nausea — slower is more comfortable.

Talk to your prescriber first. NAD+ therapy is generally well tolerated, but it isn't right for everyone. Share your full medication and health history, especially if you are pregnant, breastfeeding, or managing a chronic condition, and report any reaction that concerns you.

This guide is general educational information reflecting our pharmacists' observations of current, still-developing research. It is **not medical advice**, is not a recommendation to start any therapy, and does not replace the guidance of your physician or pharmacist. The wellness uses described are **investigational and not approved by the FDA**; evidence is still emerging and may change. Talk with your prescriber before starting, stopping, or changing any therapy, and follow your prescription label, which takes priority. If a reaction concerns you, contact your prescriber or pharmacist right away; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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