

NAD+ Therapy

Patient Education Handout



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THE CELLULAR & IMMUNE CONNECTION

Every immune cell in your body runs on energy made inside its mitochondria — and NAD+ is the fuel switch that keeps that energy production running. At Veros, we look at NAD+ support as part of the whole-patient picture, alongside immune and multi-specialty care.

WHAT IS NAD+?

NAD+ (nicotinamide adenine dinucleotide) is a natural molecule found in every cell in your body. Think of it as rechargeable battery fluid for your cells — without enough of it, your cells cannot convert food into usable energy. NAD+ levels naturally decline with age, and can drop further with chronic stress, poor sleep, inflammation, and illness.

HOW NAD+ WORKS IN THE BODY

- **Cellular energy (ATP)** — powers the mitochondria, the "power plants" inside every cell
- **DNA repair** — helps activate enzymes that fix everyday cell damage
- **Brain & nerve support** — fuels cognitive function, memory, and focus
- **Healthy aging** — activates sirtuins, proteins that help regulate inflammation and metabolism

POTENTIAL BENEFITS

- Increased energy & stamina
- Improved mental clarity, reduced brain fog
- Better exercise recovery
- Support for healthy aging
- Improved stress resilience
- Cellular & mitochondrial repair support

Individual responses vary. Benefits may take several weeks to become noticeable.

During IV NAD+ infusion: Mild nausea, flushing, headache, or chest tightness can occur and usually improve when the infusion rate is slowed. Tell your care team right away if you notice any of these symptoms so they can adjust your infusion.

HOW WE ADMINISTER NAD+ AT VEROS

Oral NAD+ Support:

NMN and NR are precursor supplements that your body converts into NAD+. Taken by mouth, usually once daily.

IV NAD+ Therapy:

Delivered directly into the bloodstream under medical supervision, given slowly to improve comfort and absorption — often chosen for faster, more noticeable support.

DOSING & ADMINISTRATION

Typical oral starting ranges are 250-500mg daily for NMN and 300-600mg daily for NR, taken in the morning or early afternoon. Your Veros provider will personalize your dose and method based on your health history.

Always follow your Veros provider's guidance — do not change your dose without checking in first.

SAFETY CONSIDERATIONS

Tell your Veros provider before starting NAD+ therapy if:

- You are pregnant or breastfeeding
- You have active cancer or are in cancer treatment
- You have significant liver or kidney disease
- You have gout or elevated uric acid
- You take chemotherapy or immune-suppressing medication

WHO MAY BENEFIT

People experiencing chronic fatigue, low energy, brain fog, high stress or burnout, recovery from illness, or age-related energy decline — as part of an overall wellness and healthy-aging plan.

WHY VEROS HEALTH?

- ✓ 30+ years of immune & cellular health expertise — IMMUNOe Health & Research
- ✓ Whole-patient, multi-specialty care team
- ✓ Medically supervised IV administration
- ✓ Personalized dosing guidance alongside your other conditions

NAD+ therapy is intended to support overall wellness and is not intended to diagnose, treat, cure, or prevent any disease.