

# Compounded Preparation Monograph

**COMPOUNDED ACTIVE INGREDIENT NAME:** NAD

**COMPOUNDED ACTIVE INGREDIENT INFORMATION:** Nicotinamide adenine dinucleotide (NAD<sup>+</sup>) is a feature of aging and may play a role in the process. NAD<sup>+</sup> plays a pivotal role in cellular metabolism and is a co-substrate for enzymes that play key roles in pathways that modify aging<sup>1</sup>.

**BEFORE USING THIS MEDICATION:** LET YOUR DOCTOR KNOW if you have any allergic reactions to NAD in the past. Let your health care provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking.

**HOW TO USE THIS MEDICATION:** This medication is a subcutaneous injection and is delivered in a premixed liquid form. Wash your hands with soap and water before giving the injection. Wipe the rubber stopper of the vial with an alcohol swab. Take a syringe and pull the plunger down to the necessary prescribe amount. This is achieved when the plunger reaches the line for the amount prescribed. Push the needle through the rubber stopper of the vial. Push the plunger down to put air into the vial. Invert the vial and then slowly pull down the plunger until the amount is a bit passed the prescribed dose. If there are bubbles in the syringe, tap the syringe to allow the air bubbles to rise to the top. Slowly push the plunger up until the tip reaches the line for the prescribed dose and removes the bubble of air. Pull the syringe out of the vials rubber stopper. Inject at predetermined injection site as instructed by healthcare practioner. Discard any remainder from punctured vial after 28 days. There is a patient card with more instructional information on how to draw up proper dose.

**CAUTIONS:** Let your Healthcare provider know of any changes of vision while on this compounded preparation.

**POSSIBLE SIDE EFFECTS:** NAD possible side effects include nervousness, sleep disturbances and fatigue. Contact provider if any side effects occur

1. Conlon NJ. The Role of NAD<sup>+</sup> in Regenerative Medicine. *Plast Reconstr Surg.* 2022 Oct 1;150(4 Suppl ):41S-48S. doi: 10.1097/PRS.00000000000009673. Epub 2021 Sep 28. PMID: 36170435; PMCID: PMC9512238.
2. Gindri, Izabelle de Mello Ferrari, Gustav Pinto, Luiz Paulo S. Bicca, Juliana dos Santos, Isis Kelly Dallacosta, Darlan Roesler, Carlos Rodrigo de Mello Evaluation of safety and effectiveness of NAD in different clinical conditions: a systematic review 2024 *American Journal of Physiology-Endocrinology and Metabolism* E417-E427 326