

# 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 nasal sprays 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 nasal spray and is delivered in a premixed liquid form. Gently blow your nose to clear it from mucous before using the compound. Remove the ring and protective cap to reveal the nasal spray tip. Tilt head slightly forward, hold bottle with thumb on bottom and your index and middle fingers on top. Use your fingers to squeeze down on the pump while you breathe slowly through your nose. If needed repeat the process for the second nostril.

**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. The compound could cause a nasal irritation. 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.