

Scan the QR code below to watch our video tutorial. It explains the step-by-step process of how to properly administer NAD+ AT HOME.



## PREFER TO WATCH A SHORT VIDEO TUTORIAL?



**NAD+**  
AT HOME

**ENSURE YOU OPEN THESE INSTRUCTIONS FULLY & READ CAREFULLY**

## INSTRUCTION MANUAL



## CONTACT US

Please contact us with any questions about NAD+. We are happy to go through any queries you have. Call or email us using the details below.

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## UNPACKING ①

1 Start by thoroughly washing your hands. Alternatively, use a hand sanitiser to ensure cleanliness. Once you've opened your NAD+ box, you'll find two sets of syringes, alcohol wipes, one NAD+ vial, and a sharps container.

2 Remove the contents from the box and extract the NAD+ vial.

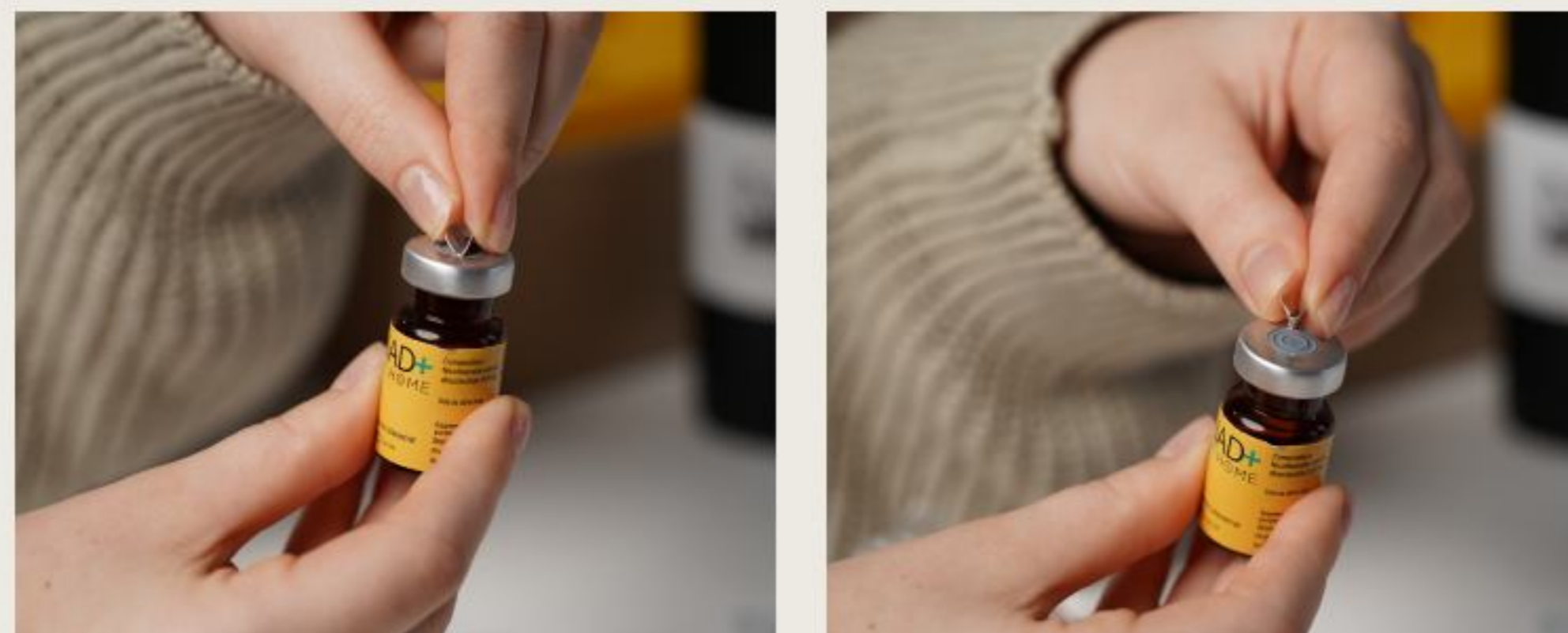


3 Allow the chilled NAD+ solution to rest for roughly 10 minutes to reach room temperature. Administering the solution while cold may cause discomfort.

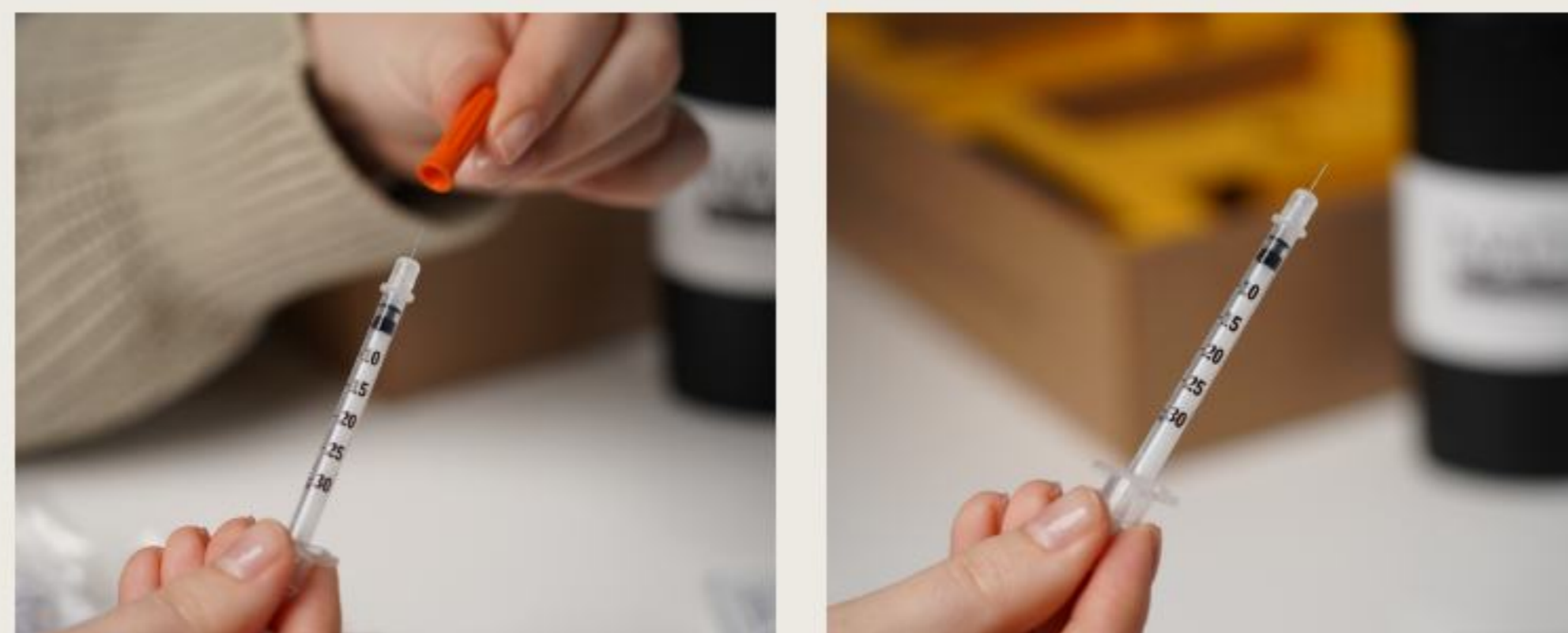


## PREPARATION ②

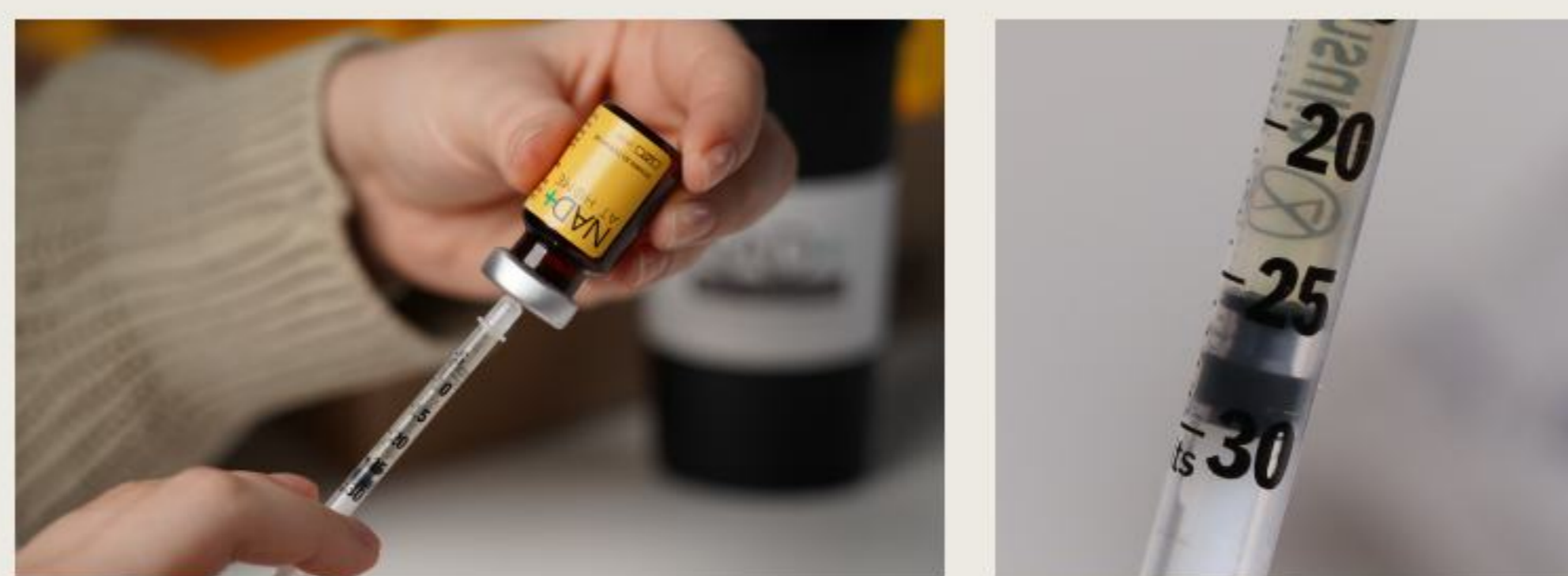
1 Gently grasp the raised edges at the centre of the seal and lift upwards; the seal will detach smoothly from the bottle. Clean the top using an alcohol wipe and wait a moment to let it dry.



2 Extract a syringe from the provided syringe bag. First, remove the plastic protector on the plunger, then the orange needle protector.



3 Pierce the NAD+ vial's centre using the syringe. Invert the vial with the syringe attached and draw out precisely 0.25ml of the solution. Ensure the needle remains submerged to avoid drawing air.



If bubbles are detected in the syringe, return the solution to the vial and carefully draw it out again. Do not administer if there are air bubbles.

If unsure of any of these steps please refer to the video tutorial which can be found here:



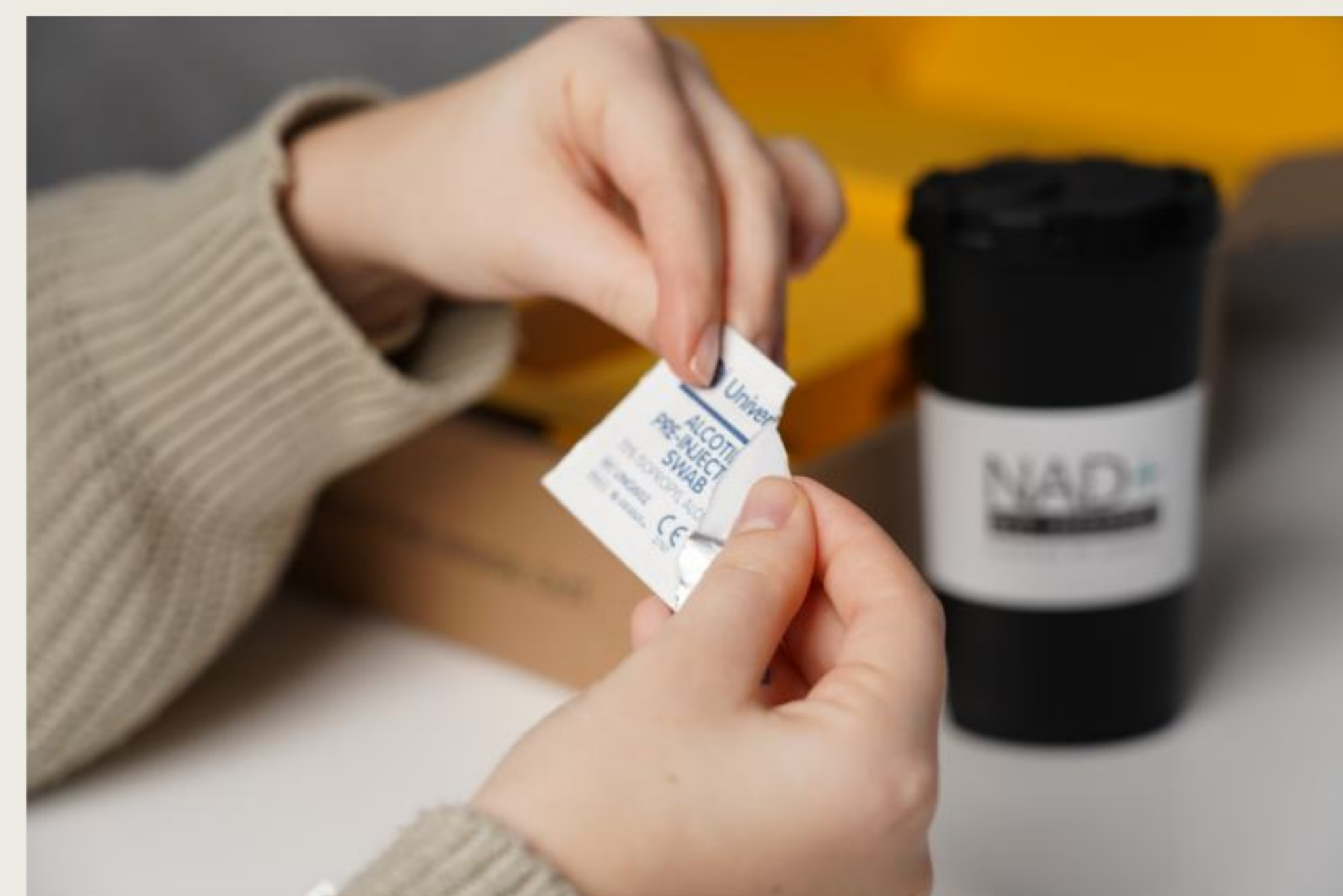
4 Turn the bottle and needle the right way around and remove the filled syringe from the vial.



## ADMINISTRATION ③

1 Select a subcutaneous site for injection. Options include the thigh, outer hip, or abdomen. Rotate sites with each injection and avoid bruised or scarred areas.

2 Sanitise the chosen site with an alcohol wipe.



3 Using your free hand, pinch a section of skin. Insert the needle smoothly.



4 Gently depress the plunger to administer the NAD+ solution.

5 Count to three ensuring the syringe empties entirely, then smoothly withdraw the needle.

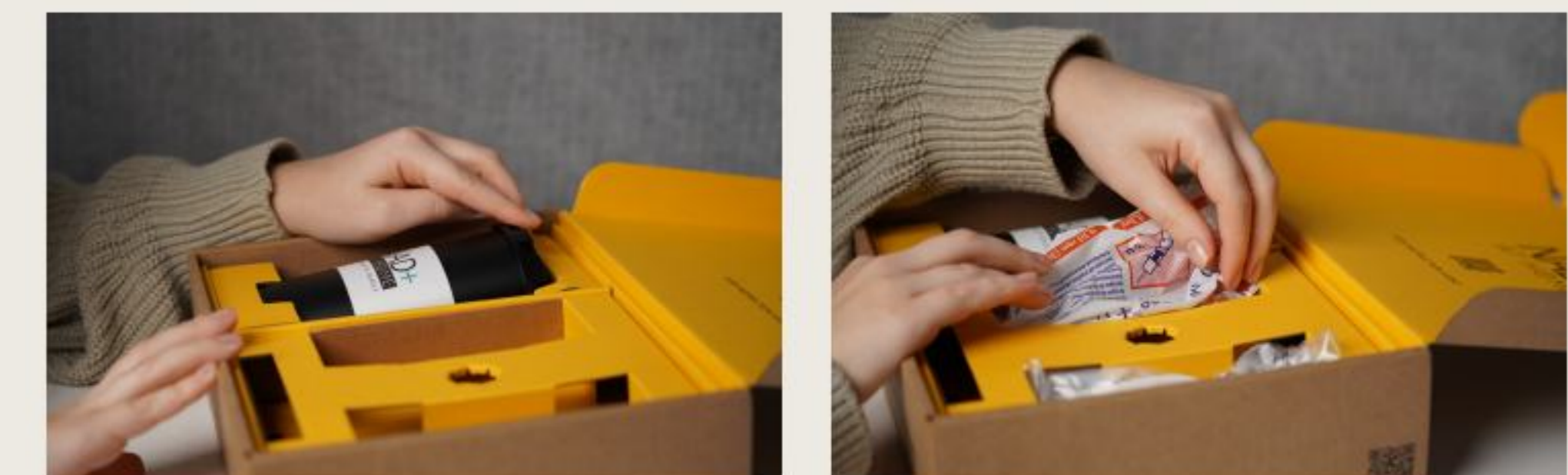
## POST-INJECTION CARE ④

1 Safely deposit the used syringe into the provided sharps container. It's essential to keep this container in a secure location.



2 Return the unused syringes and alcohol wipes to the box provided and keep it stored in a safe space.

3 Once finished with use, place the NAD+ vial in the fridge to refrigerate. Remember to always store your NAD+ in the fridge and use within three months of purchase.



## TIPS ⑤

### Dosage Recommendation:

- Begin with three consecutive days of administration.
- After the initial three days, continue with doses every other day.
- This kit provides enough NAD+ for a five week regimen, however you can tailor the schedule to suit your individual needs.
- Draw out 0.25ml of the NAD+ solution using the syringe. Fill the syringe up to the 25 marker.

### Safety Precautions:

- Always store your kit securely, out of the reach of children and pets.
- Once the sharps container is full, please ensure you safely dispose of it at your nearest pharmacy.

## QUESTIONS ⑥

Should you have queries or need assistance, please call +44 20 3824 2840 or drop an email to [sales@nadaid.co.uk](mailto:sales@nadaid.co.uk)