

NAD+ 500 mg Vial

DOSAGE & MIXING GUIDE

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Reconstitute:	Add 3.0 mL bacteriostatic water to vial = 166.7 mg/mL concentration
Vial Yield:	500 mg total lyophilized powder per vial
Administration:	Subcutaneous Injection (For Research Purposes Only)
Storage:	Refrigerate reconstituted solution at 2-8°C (35-46°F), use within 28 days.

Customized Dosing Protocol

Phase	Syringe Units	Volume (mL)	Calculated Dose	Frequency	Duration
Weeks 1-2	20 units	0.20 mL	33.3 mg	As specified / Titration	First 2 Weeks
Remaining Time	30 units	0.30 mL	50.0 mg	As specified / Maintenance	Ongoing

Key: 1 unit on a U-100 insulin syringe = 0.01 mL = ~1.67 mg NAD+

Reconstitution Steps

1. Remove flip-off cap from the NAD+ vial. Wipe rubber stopper with an alcohol swab and allow to air dry.
2. Flip cap off the bacteriostatic water vial. Draw 3.0 mL into a sterile syringe.
3. Insert needle at a 45-degree angle into the NAD+ vial stopper. Inject water slowly along the inside wall of the vial.
4. Gently swirl the vial until the powder is fully dissolved. Do NOT shake vigorously.
5. Inspect the solution — should be clear and colorless. Discard if cloudy or discolored.
6. Label the vial with the date of reconstitution.

Injection Technique

- Needle:** 29-31 gauge, 1/2 inch insulin syringe
Route: Subcutaneous (under the skin)
Sites: Abdomen (2+ inches from navel), outer thigh, back of upper arm
Timing: Morning preferred. Avoid evening (may disrupt sleep)
- Procedure:**
1. Wash hands. Clean vial stopper and site with alcohol. Let dry.
 2. Pinch skin fold, insert needle at 45-degree angle. Do not aspirate.
 3. Inject slowly over 5-10 seconds to minimize irritation.

7. Refrigerate immediately at 2-8°C (35-46°F). Use within 28 days. Protect from light.

4. Hold 5 seconds, withdraw at same angle, apply gentle pressure.

5. Rotate injection sites each day to prevent lipohypertrophy.

6. Dispose of syringe immediately in a sharps container.

Supplies Needed

- NAD+ 500 mg lyophilized vial
- Bacteriostatic water (3 mL per vial)
- U-100 insulin syringes (29-31g, 1/2 in.)
- Alcohol swabs & sharps disposal container

Storage Instructions

Lyophilized (powder): Store at -20°C (-4°F) or below. Keep dry and dark. NAD+ powder is hygroscopic.

Reconstituted solution: Refrigerate at 2-8°C (35-46°F). Use within 28 days. Protect from light.

Important: Do not freeze/thaw reconstituted solution repeatedly. Discard if cloudy or discolored.

For research and educational purposes only. Not medical advice. Not for human consumption. Consult a healthcare professional.