



NAD+

NAD+ nasal spray is used to potentially address a range of health and wellness goals, with benefits largely stemming from the vital role the NAD+ coenzyme plays in cellular function, energy production, and DNA repair.

- **Increased Energy and Reduced Fatigue** NAD+ is crucial for producing ATP, the body's cellular energy currency. Supplementing may help combat general fatigue and provide sustained energy.
- **Enhanced Cognitive Function** Users often report improved mental clarity, focus, attention span, and memory recall, and it may help in reducing "brain fog". The nasal delivery method is theorized to allow quicker access to brain cells.
- **Anti-Aging Effects** By supporting cellular repair, DNA integrity, and the activation of protective enzymes (sirtuins), NAD+ supplementation is promoted as a way to slow the aging process and reduce its visible signs, including improved skin health.
- **Improved Athletic Performance** It may aid in muscle recovery, enhance endurance, and boost stamina during physical activity.
- **Metabolic and Weight Management Support** NAD+ plays a key role in regulating metabolism and may help the body burn fat more efficiently, potentially aiding weight loss and blood sugar control efforts.
- **Mental Health and Addiction Recovery** It is used in some protocols to support mental health, reduce stress and anxiety, improve mood, and assist in addiction recovery by helping to restore neurotransmitter balance and reduce cravings.
- **Anti-Inflammatory Effects** NAD+ may help reduce systemic inflammation, which is an underlying mechanism in many chronic conditions.

Cost NAD+ Nasal Spray \$125 lasts 30-45 days depending on usage