

## NAD+ PEN USAGE

- 1 Gently pull the top section of your NAD+ pen to remove the lid, exposing the clear cartridge holder.



- 2 Unscrew the cartridge holder from the base of the pen by gently pushing down and twisting.



- 3 If the plunger is exposed, gently press it into the base of the pen using your finger.



- 4 Open the cartridge box and take out a cartridge. Insert the new cartridge into the holder with the grey bung facing the base of the pen.



- 5 Firmly push and twist the clear cartridge holder into the pen base until secure.



- 6 Take a needle tip from the pack and remove the seal from the bottom of the needle. Carefully but firmly screw it onto the end of the pen. **Do not remove the needle cover just yet.**



- 7 Clean your chosen injection site with an antibacterial wipe. Choose a fatty area such as the stomach, buttock, or thigh for best results.



- 8 You can now remove the plastic needle cover and the green needle safety protector.



- 9 **Prime the pen:** Twist the dial to 15 units and slowly press the button. You may need to repeat this several times until you feel light resistance as the grey bung meets the black screw thread.

If a bubble is still visible after priming, twist to 5 units at a time and push until it disappears.



- 10 Once primed, set the dial to your usual dose (30 units) and inject as instructed.



- 11 Gently pinch the skin around the injection site to create a firm but comfortable area for the injection.



- 12 Align the pen with the injection site and press the needle into your skin to ensure proper penetration.



- 13 Firmly press down at the base of the pen to depress the plunger and administer the NAD+. **Keep the pen steady to prevent bruising.** A slight stinging sensation is normal.



- 14 Once the dial returns to zero (0) and the full dose has been administered, hold the pen in place for ten seconds before carefully removing the needle from your skin.



- 15 Carefully place the green needle tip protector back onto the needle.



- 16 With the green needle protector attached unscrew the needle tip from the pen whilst securely holding the cartridge.



- 17 Dispose of the used needle in your sharps bin. Replace the NAD+ pen lid and place the pen and any extra cartridges in the fridge.



## DOSAGE

- You will be administering a solution of NAD+ via subcutaneous injection (under your skin).
- NAD+ suggested protocol: 1× 0.3ml subcutaneous injection every day for the first three days. Followed by 1× 0.3ml subcutaneous injection every ALTERNATE day.
- The NAD+ solution has a strength of 500mg per 3ml liquid. The typical advised daily dose is 50mg (0.3ml) which is 30 units on the pen graduations.

## STORAGE

- Pens and cartridges should be stored in a refrigerator between 2-8 degrees Celsius (35.6-46.4 Fahrenheit).
- Make sure you use your NAD+ cartridges within their expiry date.