

UNEARTHED WELLNESS

WELCOME KIT

NAD+ Therapy

Cellular energy · Mitochondrial repair · DNA repair · Longevity



Your personalised welcome kit from Unearthed Wellness

Welcome to your NAD⁺ protocol.

NAD⁺ is not a supplement. It is a coenzyme found in every single cell in your body — the fundamental molecule that allows your cells to produce energy. Restoring it can feel, for many people, like switching the lights back on.

This kit covers what NAD⁺ is doing at the cellular level, how to administer your protocol (whether injectable or IV), what to expect as cellular energy restores, and how to reach us with any questions.

Your body already knows how to do this.

INSIDE THIS KIT

- What NAD⁺ is and why cellular energy declines with age
- Storage and handling
- Administration guide — injectable and IV protocols
- What to expect week by week
- Lifestyle practices that protect and amplify NAD⁺ levels
- Side effects: what's normal (especially with IV)
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet NAD+.

Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme found in every living cell. It is the master switch that allows your mitochondria to convert nutrients into ATP — the energy currency of every cellular process. Without adequate NAD+, your cells cannot function efficiently. Everything suffers: energy, repair, cognition, immunity, mood.

Beyond energy production, NAD+ activates sirtuins (proteins essential for DNA repair and longevity), regulates the circadian clock, and controls inflammation at the cellular level. Its decline with age — approximately 50% between your 20s and 60s — is directly linked to the fatigue, brain fog, poor recovery, and accelerated ageing that so many people normalise as inevitable. They are not inevitable.

Every cell. Every process. One molecule.

What it's doing in your body

- Mitochondrial energy restoration. The foundational effect — cells producing energy efficiently again.
- Sirtuin activation. Proteins essential for DNA repair, longevity gene expression, and metabolic regulation.
- DNA repair support. NAD+ is required for PARP enzymes that repair damaged DNA — accumulated damage underlies both ageing and chronic disease.
- Neurotransmitter production. NAD+ supports serotonin, dopamine, and the biochemical substrate of mood and cognitive function.
- Circadian rhythm regulation. NAD+ fluctuates naturally across the day; restoring levels supports the body clock that governs sleep, metabolism, and hormonal release.
- Inflammatory regulation. Influences inflammatory gene expression through sirtuin and PARP activation.

INJECTABLE VS ORAL PRECURSORS

NMN and NR supplements support the body's ability to synthesise NAD+ rather than delivering it directly. They have value — particularly for maintenance between injectable protocols — but the bioavailability and therapeutic impact of pharmaceutical-grade injectable NAD+ is significantly greater and faster. You are not taking a supplement. This is a different category of intervention entirely.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

WHAT'S IN YOUR KIT

- Your peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. By your third or fourth session, it will feel completely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

09 Dispose safely

Place the used needle immediately in a sharps container.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

Cellular energy restored feels like remembering who you are.

Day 1–3	Significantly improved energy and mental alertness. Many describe the IV experience as 'thinking in high definition'. Sleep quality often improves immediately.
Week 1–2	Sustained energy improvement. Mood uplift and reduced anxiety commonly reported. Physical recovery and exercise capacity improve.
Month 1–2	Deep mitochondrial repair becoming established. Cognitive performance, emotional regulation, and physical vitality continue to compound.
Ongoing	NAD+ levels require maintenance as ongoing depletion continues with age and stress. Regular injectable or IV protocols maintain the cellular environment needed for optimal function.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg / mg
Frequency _____ × per week
Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Chest tightness or flushing during IV infusion. Well-known, expected, and managed by infusion rate and clinical support. Does not indicate a problem with the compound.
- Temporary nausea during IV. Common, transient, and managed by slowing the infusion rate.
- Mild fatigue after the first IV session. The 'crash' some people experience after their first infusion is normal — a sign of significant cellular activity. Settles with subsequent sessions.
- Increased energy that affects sleep onset in the first days. Injectable NAD+ timing can affect sleep if taken late in the day. Morning or midday administration is preferred for most people.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (seek emergency care if severe)
- Anything that doesn't feel right — trust your instincts and call us

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

PROTECT YOUR NAD+ BETWEEN PROTOCOLS

Alcohol, poor sleep, chronic stress, and excessive sugar consumption all deplete NAD+. Reducing these between sessions extends the benefit of your protocol.

EXERCISE ACTIVATES THE SAME PATHWAYS

Physical activity and NAD+ both activate AMPK and sirtuin pathways — they are genuinely synergistic. Even moderate regular movement amplifies your protocol.

PRIORITISE SLEEP

The circadian regulation of NAD+ means that poor sleep directly disrupts the system your protocol is restoring. Consistent sleep and wake times are foundational.

CONSIDER NMN/NR AS MAINTENANCE

Between injectable sessions, NMN or NR supplements provide meaningful precursor support. Discuss dosing with your prescriber.

TRYPTOPHAN-RICH FOODS

NAD+ synthesis requires tryptophan. Foods like turkey, eggs, seeds, and legumes support the dietary substrate for NAD+ production.

MINIMISE ALCOHOL

Alcohol is one of the most significant NAD+ depletors. Even moderate reduction during your protocol is meaningful.

COMMON QUESTIONS

You asked. We answered.

Is injectable NAD+ really that different from NMN supplements?

Yes — significantly. NMN and NR are precursors that support your body's ability to make NAD+. Injectable NAD+ delivers the coenzyme directly to your cells. The bioavailability and speed of effect are incomparable. They serve different purposes.

How often do I need treatments?

This depends on your protocol. An initial intensive course may involve several infusions or daily injections over 1–2 weeks, followed by monthly or quarterly maintenance. Your prescriber will design a schedule appropriate to your goals.

Can NAD+ therapy help with burnout?

Yes — burnout is fundamentally a state of mitochondrial and adrenal depletion. NAD+ therapy addresses the cellular energy deficit at its root. Many people describe their NAD+ protocol as a genuine turning point.

I felt worse after my first IV — is that normal?

A post-infusion fatigue or mild crash is occasionally reported after the first session, as significant cellular activity begins. It typically resolves within 24 hours and subsequent sessions are much better tolerated.

Can I use NAD+ alongside other peptides?

Yes — NAD+ pairs exceptionally well with CJC/Ipamorelin, Epithalon, Thymosin Alpha-1, and Semax as part of comprehensive longevity or cognitive performance protocols. Speak to your prescriber about your full goals.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & PORTAL	BOOK A CONSULTATION	SUPPORT & ENQUIRIES
unearthed-wellness.com	Via your patient portal	hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

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