

NAD⁺Life

INSTRUCTIONS FOR USE

Injection, for subcutaneous use
Multi-dose single-patient-use pre-filled pen
NAD + 500 mg Pen solution for injection in pre-filled pen
NAD⁺

This Instructions for Use contains information on how to inject NAD⁺ Pen.

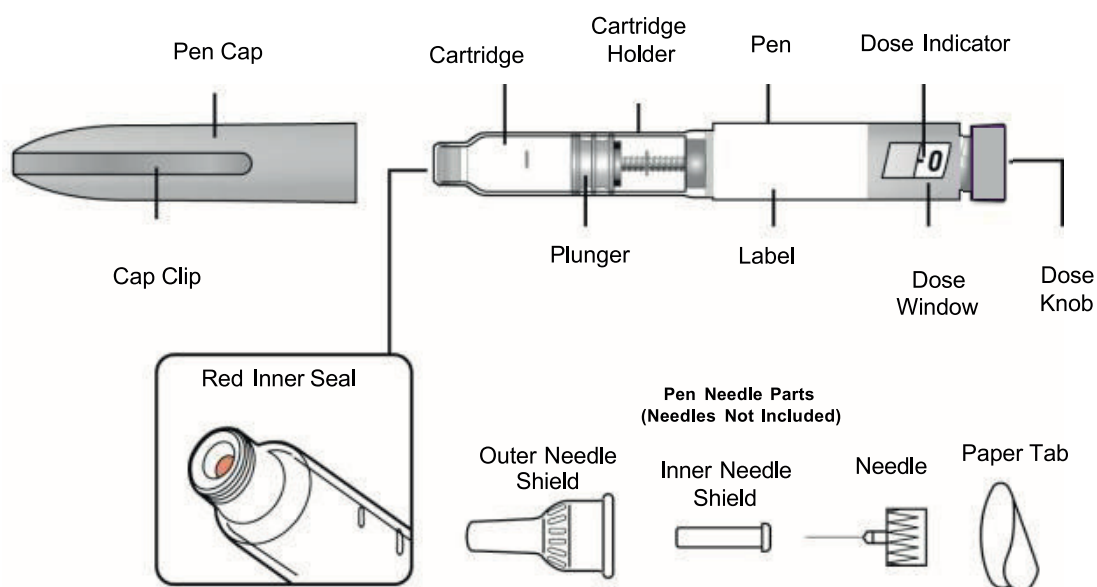


Important information you need to know before injecting NAD⁺ Pen.
Read this Instructions for Use and the package leaflet before you start injecting NAD⁺ Pen and each time you get another new pen. There may be new information. This information does not take the place of talking to your doctor, pharmacist or nurse about your medical condition or treatment.

- Do not share your NAD + Pen with other people, even if the pen needle has been changed. You may give other people a serious infection or get a serious infection from them.
- People who are blind or have vision problems should not use the pen without help from a person trained to use the pen.

Guide to parts

Parts of the NAD⁺ Pen



Supplies needed to give your injection

- NAD+ Pen
- Pen compatible needle
- Swab
- Gauze or cotton ball
- Sharps disposal container or household container

When using an auto injector pen, typically recommends a subcutaneous injection of 0.10 dose of NAD+ solution.

1. Preparation:

Gather the Vaion NAD+ pen, a clean injection site (abdomen, arm, or thigh), and a needle tip cover.

2. Injection Site:

Clean the chosen injection site with an alcohol wipe and allow it to dry. Gently pinch the skin to pull it away from the muscle (about 4mm).

3. Pen Preparation:

If there's an air bubble, tap the pen to move it to the top and push it out using the plunger.

4. Injection:

Place the pen on the injection site, press it down to penetrate the skin, and then firmly press the button at the base to administer the NAD+.

5. After Injection:

Once the dial returns to zero, count three seconds to ensure the entire dose is given, then remove the needle.

6. Dosage and Frequency:

You can re-administer the NAD+ injection daily or on alternate days, and there's no limit on how long the course can last. It's recommended to start with a small dose (0.1ml) and gradually increase it to 0.5ml if tolerated.

Storing your NAD+ Pen

Unused pens:

- Store unused pens in the refrigerator between 2°C to 8°C.
- Unused pens may be used until the expiration date printed on the label if the pen has been kept in the refrigerator.
- Do not freeze your pen. Throw away (discard) the pen if it has been frozen.

Used pens:

- You may store your used pen at room temperature up to 30°C after your injection.
- Keep away from heat.
- Keep your pen and needles out of the sight and reach of children.

Disposing of NAD+ Pen and pen needles

- Dispose of your used pen needles in a sharps disposal container right away after use, do not dispose of loose pen needles in your household waste.
- Dispose of the used pen in your household bin or sharps disposal container after you have removed the needle.
- Do not recycle your used sharps disposal container.
- Ask your doctor, pharmacist or nurse about how to dispose of medicines you no longer use.

Troubleshooting

- If you cannot remove the pen cap, gently twist the pen cap back and forth, and then pull the pen cap straight off.
- If the dose knob is hard to push:
 - pushing the dose knob more slowly will make it easier to inject.
 - your needle may be blocked. Put on a new pen needle and prime the pen.
 - you may have dust, food, or liquid inside the pen. Throw the pen away and get a new pen.

Tips for managing NAD+ stomach side effects

Following these tips may help you manage NAD's stomach side effects:

- Eat more slowly.
- Consume smaller meals.
- Select more bland, low-fat foods (like crackers, toast, and rice).
- Avoid greasy, fried foods or sugar treats.
- Eat foods that contain water (like soup or gelatin).
- Don't lie down right after eating.
- Drink clear or ice-cold liquids.
- If possible, go outside for fresh air if you feel sick.
- Serious NAD+ side effects.

NAD+ can cause serious side effects such as inflammation of the pancreas, vision changes, low blood sugar levels, kidney problems, and serious allergic reactions, and it can also increase the risk of food or liquid getting into your lungs during surgery or a medical procedure.

Get emergency medical help if you have signs of an allergic reaction, such as hives, itching, dizziness, fast heartbeats, difficulty breathing, or swelling of your face, lips, tongue, or throat.

Call your doctor at once if you have:

- Vision changes;
- Unusual mood changes, thoughts about hurting yourself;
- Pounding heartbeats or fluttering in your chest;
- A light-headed feeling, like you might pass out;
- Signs of a thyroid tumor - swelling or a lump in your neck, trouble swallowing, a hoarse voice, feeling short of breath;
- Symptoms of pancreatitis - severe pain in your upper stomach spreading to your back, nausea with or without vomiting, fast heart rate;
- Gallbladder problems - upper stomach pain, fever, clay-colored stools, jaundice (yellowing of the skin or eyes);
- Low blood sugar--headache, hunger, weakness, sweating, confusion, irritability, dizziness, fast heart rate, or feeling jittery;
- Kidney problems - swelling, urinating less, blood in urine, feeling tired or short of breath
- stomach flu symptoms - stomach cramps, vomiting, loss of appetite, diarrhea (may be watery or bloody)
- Symptoms of ileus (stomach paralysis) - bloating, stomach cramps or pain, nausea or vomiting, constipation or diarrhea, loss of appetite.

Additional Information:

If you have questions or problems with your NAD+ Pen, contact your local Pda labs or your doctor, pharmacist or nurse.



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Last revised in May 2025

