

NAD KIT INSTRUCTIONS

UPON ARRIVAL

- Fresh compounded NAD+ doses in syringes – place in freezer and thaw individually when ready to use
- Iontophoresis patches (with pink twist off tops of saline on some patches) with– Keep at room temperature

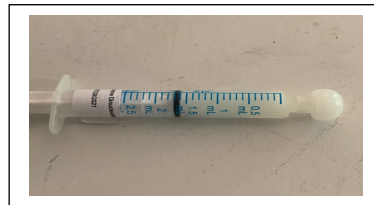
WHEN READY TO USE:

Thaw one dosage at a time for 5-10 min before applying to each patch. Leave out at room temperature or use warmth of your hand but do not over heat to thaw. If you use a portion of a dosage, put the remainder of the syringe back in the freezer.

NAD DOSES- Syringes (frozen till use)

Freshly compounded and frozen NAD+ comes in prefilled frozen syringes

- NAD 200mg (.5 ml)
- NAD 400mg (1 ml)
- NAD 600mg (1.5 ml)
- NAD 800mg (2 ml)



If you use part of a syringe than put the remaining thawed amount back in the freezer and add to a future dose.

NAD AND THE PATCHES

- NAD 200mg (.5 ml) fits on all size patches
- NAD 400mg (1 ml) fits on all size patches
- NAD 600mg (1.5 ml) fits on activa 2.5, 4.0, 12.0, overfills 8-hr (but still works)
- NAD 800mg (2 ml) fits on activa 2.5, 4.0, 12.0 (2.5 hours, 4.0 hours, 12.0 hours)

THE PATCHES

(kept at room temperature)

2.5hr, 4hr, 8hr, 12hr, 14hr

Activa 4.0 Patch Instructions:

No saline needed (its incorporated in the patch)

Apply NAD (in the syringe) to the cotton circle on the patch

PULL THE ARROW under the middle tab to activate the battery

(Note: be sure to pull the Arrow Tab before removing the film on the adhesive so the adhesive doesn't stick to the pull tab)



Ion-to 8-hr “extra-strength” Patch Instructions:

Apply NAD (in the syringe) to the crescent moon or “+” side of the patch

Apply saline (in pink tubes with twist off top) to the circle or “-” side of the patch

Battery is activated automatically when saline and NAD are applied



WHEN TO APPLY PATCH

We recommend applying the patch in the morning after you shower. Do not apply lotion or anything on your skin before you apply the patch. Make sure your skin is clean and dry. Remove patch after the hours it was designed for and wash area where patch was applied. Apply aloe after patch is removed if skin is sensitive.

WHERE TO APPLY ON THE BODY

Some people report skin sensitivity after wearing the patch over time so our recommendation is try the patch on the arch of the foot using the soft in-step under the foot (not the balls of the feet) for the NAD side and wrap the remainder over the top of the foot. Avoid the heel or balls of the foot. See further directions below.



Other locations:

Arms, back of upper arm (less sensitive), lower back, ribcage on the back, thigh (sensitive). Stomach or side can be too sensitive for most people.

If not sensitive, you can apply to the inside arm above or below the elbow, side of your torso, thigh. However, if it becomes itchy you may want to choose a less sensitive area for future patches.

If skin sensitive, use In-step under the foot (as described below). the outside of arm (like an arm band), lower back (but not centered on spine where battery can rub against bone) , or upper back.

In-step of Foot/Arch- put NAD part of patch on the **soft in-step** (avoid heel and balls of the feet) and wrap the rest of the patch over arch to the top of the foot. You can walk on the patch barefoot or with socks or shoes -- it's like a big band aid.

FOR BODY PAIN: Apply patch on or near pain area. Do not apply on neck or face.

Skin Irritation: The patch may itch especially the first hour from the battery or if placed on an area of the body that is too sensitive. We recommend the placing on the in-step of the bottom of the foot if irritation persists. Remove patch after the treatment is complete and wash the area of the skin where the patch was. The patches may cause skin irritation for some people lasting a few weeks. Find an area that works for you.

For customer service on applying the patches call or text: 310-678-6933
www.NADTherapy.com