

# VAION<sup>+</sup>

## NAD<sup>+</sup> Injector Pen Instructions

Please read carefully!

### DOSE

- You will be administering a solution of NAD<sup>+</sup> via subcutaneous injection (under your skin).
- You should aim to do this for **3 days in a row, when you first start, then every other day from then on.**
- The NAD<sup>+</sup> solution has a strength of 500mg per 3ml liquid. **Typical advised daily dose is 50mg (0.3ml) which is 30 units on the pen graduations.**

### STORAGE

- **Keep the pen & cartridges of NAD<sup>+</sup> in a fridge** between 2 - 8 degrees Celsius (35.6-46.4 Fahrenheit).
- Make sure you use your cartridges of NAD<sup>+</sup> within their expiry date.
- If you travel, ensure that the NAD<sup>+</sup> pen is kept cold.

### HOW TO ADMINISTER

1. Remove the VAION+ PEN lid by pulling, unscrew the clear plastic holder and insert the NAD<sup>+</sup> cartridge, screwing back together firmly.
2. Take a 4mm needle tip from the pack and gently but firmly screw it on to the end of the pen. Do not remove the needle tip cover yet.
3. Clean the injection site with an alcohol wipe provided in the pack. It is good to select a fatty area, such as the belly, buttock or thigh.
4. Remove the needle tip covers (there is an inner and an outer one – remove both)
5. Without putting the pen down, twist the base until the pointer lines up with **your dose, usually 30 units, which is 0.3ml.**
6. Hold the pen so the needle points up. Tap the pen few times to move the air bubble to the top and slide the plunger enough to push the air out before you give the shot.
7. Gently pinch the skin around the injection site to pull it away from the muscle a little (it only needs to be 4mm away so don't pull hard!)
8. Place the pen on the injection site & press the pen down to penetrate skin.
9. Firmly press the button at the base of the pen. This will depress the plunger and administer the NAD<sup>+</sup>. Try to keep the pen steady to help prevent any bruising. A slight stinging sensation is normal.
10. Once the dial has returned to zero (0), count down three seconds to ensure the entire dose is administered and then remove the needle.
11. Remove the pen cover, replace the larger needle tip cover carefully & unscrew the needle tip + cover.
12. Put the pen lid back on & dispose of the needle tip in your regular household waste.

**We  
recommend  
that first  
time users  
watch this  
video guide**



**DO NOT attempt to reuse the vials, as they will not be sterile once used.**