NAD+

Established biology; intervention-specific evidence varies.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

NAD+ is a coenzyme used in cellular energy transfer and other biochemical reactions. It is not a peptide. Its essential role inside cells is distinct from the evidence for administering it as a wellness intervention. [1]

02 Potential benefits

Essential coenzyme in cellular redox and energy metabolism. Its biological role across tissues is well established. [1]

03 Evidence & its limits

The pilot’s small, male-only sample and short observation period cannot establish long-term clinical benefit or uncommon risks. The paper also discloses financial and clinical ties to NAD+ services. Methods and conflict disclosures . [1]

04 Risks & unknowns

NAD+ is not a peptide. Biological importance does not prove broad benefits from every injection, infusion, supplement, or wellness claim. [1]

05 Status & scope

NAD+ is a coenzyme, not a peptide. Its essential cellular role does not establish benefits from administering a particular infusion, injection or supplement. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] 2019 pilot study: metabolism during intravenous NAD+
[3] FDA Drugs@FDA database
[4] Grant et al., 2019: original intravenous NAD+ pilot

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.