

Nadosei Publishes Evidence Review of NAD+ IV Therapy

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MIAMI BEACH, FL - November 02, 2026 -
Nadosei, the longevity brand of Nadosei Labs LLC, published an evidence review of NAD+ IV therapy on October 26, 2026. The review sets out what published studies report about NAD+ drips, how long a session takes, which side effects researchers recorded and which questions patients can ask before a session.

Drips of NAD+ have become a common service at clinics and wellness studios in the United States. Clinics offer them for energy, recovery and healthy aging, but few published studies have measured what a drip does in people. The review collects those studies in one place and links each fact to its source.

One New York clinic, for example, lists NAD+ drips of 250 and 500 mg. The review explains what such doses mean in the published research and why the speed of a drip matters as much as its dose.

The oldest study in the review is a 2019 pilot study in which eight healthy men received 750 mg of NAD+ by drip over six hours. Blood levels of NAD+ and its breakdown products did not change for the first two hours,

because the body removed the NAD+ from the blood as fast as it arrived. After that, levels rose.

A 2026 study looked back at clinic records of people who received four daily drips of 500 mg of NAD+ or of nicotinamide riboside, another NAD+ precursor. People in the NAD+ group reported moderate to severe stomach and gut symptoms, a faster heart rate and chest pressure during the drip. All symptoms stopped when the drip ended.

The same study recorded how long each drip took. NAD+ drips averaged 97 minutes, while drips of nicotinamide riboside averaged 37 minutes, because the symptoms made the NAD+ drips run more slowly. The study found no significant changes in liver and kidney markers over 30 days, and it was not randomized.

The review also reports a gap in the research. A PubMed search in October 2026 found no randomized trial of NAD+ drips in healthy adults for energy, recovery or healthy aging. The randomized trials of NAD+ that the search found studied hospital patients with specific diseases.

Product quality is a second topic of the review. In November 2024, the FDA warned that some compounding pharmacies made intravenous products from food grade NAD+, an ingredient not suitable for sterile drugs without the correct processing. The FDA also received reports of severe chills, shaking, vomiting and fatigue after NAD+ injectable products.

For patients who still want a drip, the review lists practical questions. It suggests asking who prescribed the drip, which pharmacy made the NAD+ and how that pharmacy tests for sterility. It also suggests asking how fast the drip runs, what the staff does if symptoms start and what the full series will cost.

The review places drips next to oral NAD+ precursors. In a 60-day randomized trial of 80 healthy adults, oral NMN at 300 to 900 mg a day raised blood NAD+ and was well tolerated. The review found no study that compared a drip with oral NMN directly, so it compares the evidence for each route and not a head-to-head result.

Readers who weigh a drip against an oral product sold as an nmn nad booster or a nad booster nmn can use the same evidence table. It shows which routes have randomized trials behind them and which side effects the studies recorded.

Nadosei sells an oral NMN supplement and states this at the start of the review. The Miami Beach company also publishes a library of articles on NMN, NAD+ and healthy aging.

The full NAD+ IV therapy review is free to read on the Nadosei website. Visit nadosei.com to learn more.

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Nadosei Labs LLC

Nadosei is a dietary supplement brand operated by Nadosei Labs LLC. Its NAD+ Booster combines NMN, TMG, trans-resveratrol, quercetin, and green tea extract. The brand shares educational resources on NAD+, NMN, and healthy aging.

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