

Nadosei Publishes NAD+ Dosage Guide Based on Published Studies

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Nadosei, the longevity brand of Nadosei Labs LLC, published a guide on October 26, 2026 that lists the NAD+ doses used in published studies of IV drips and oral precursors, and the doses that clinics list for shots. The guide reports these doses and does not give dosing advice.

NAD+ now reaches consumers in very different forms, from clinic drips and shots to capsules of NMN or nicotinamide riboside. A milligram in a drip does not equal a milligram in a capsule, and that difference causes confusion. The guide sets the published doses side by side and links each number to its source.

For drips, the guide reports two studies. In a 2019 pilot study, eight healthy men received 750 mg of NAD+ over six hours at about 2 mg a minute. In a 2026 study of clinic records, people received 500 mg of NAD+ daily for four days, and each drip took 97 minutes on average.

Shots have the thinnest evidence. A PubMed search in October 2026 found no published trial of NAD+ shots

in healthy adults, so no study shows which shot dose works or how often. The guide notes that compounding pharmacies make these products and that the FDA warned in November 2024 about food grade NAD+ in injectable products.

Oral NMN has the most data. A 2024 review of 10 randomized trials with 437 people found NMN doses from 150 to 1,200 mg per day, for four to 12 weeks. In a 60-day randomized trial of 80 healthy middle-aged adults, daily doses of 300, 600 and 900 mg all raised blood NAD+, with the highest levels at 600 and 900 mg. A higher blood NAD+ level is a laboratory marker, not proof of a health benefit.

Smaller doses also appear in the research. A 10-week randomized trial in postmenopausal women with prediabetes used 250 mg of NMN per day, and the guide lists it next to the larger trials. The range shows that published NMN studies span an eightfold difference between the lowest and the highest daily dose.

Oral nicotinamide riboside shows a similar pattern. In an 8-week randomized trial, 100, 300 and 1,000 mg a day raised whole blood NAD+ by 22, 51 and 142 percent within two weeks. That trial reported no flushing and no difference in adverse events between nicotinamide riboside and placebo, and a smaller open label study found doses up to 1,000 mg twice daily well tolerated.

The guide explains why the numbers do not compare one to one. A drip puts NAD+ straight into the blood, while NMN and nicotinamide riboside are precursors that the body must absorb and convert. NMN is also a smaller molecule, so the same number of milligrams contains about twice as many molecules as NAD+.

Each form carries its own safety notes in the guide. The 2026 drip study recorded moderate to severe symptoms during the drip, while the oral trials in the guide found NMN and nicotinamide riboside well tolerated. These oral trials lasted weeks, not years, so they do not show long-term safety. The guide asks readers to talk to a doctor before they choose any form or dose.

The guide does not name one correct dose. It shows that the right comparison depends on the form, the speed of delivery and the length of use, and it points readers to the original studies for the details of each one.

Shoppers who compare products sold as an nmn nad booster or a nad booster nmn can check the dose per serving against the ranges in the published trials. The guide lists those ranges for each form in one table.

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

The full NAD+ dosage guide 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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