

Toronto Functional Medicine Centre Releases Guide on NAD IV Therapy Nutrient Combinations for Men Over 40

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TORONTO, ON - February 16, 2026 -
Toronto Functional Medicine Centre has released a guide detailing strategic nutrient combinations that may enhance NAD IV therapy treatments for men over 40. The guide identifies six key nutrients that may complement NAD infusions, providing information about potential synergistic benefits for cellular energy, mental clarity, and overall wellness support.

The newly published resource addresses the wellness concerns of men experiencing age-related NAD decline, which may affect testosterone levels, energy, and athletic performance. The guide outlines how NAD IV Therapy in Toronto - 6 IV Nutrient Add-Ons including Vitamin C, Magnesium, Glutathione, Alpha-Lipoic Acid, Amino Acids with Taurine, and B-Complex Vitamins may work together to support cellular function and energy production.

As men age past 40, NAD levels naturally decline, which may impact various aspects of health including energy metabolism and cellular repair processes. Toronto Functional Medicine Centre's guide is written to

provide valuable information about how strategic nutrient combinations may help optimize the potential benefits of NAD IV therapy for this demographic.

The Centre's approach to NAD IV Therapy in Toronto integrates multiple therapeutic modalities, including naturopathic medicine, acupuncture, and functional medicine practices. The facility's practitioners focus on identifying root causes of health concerns rather than solely addressing symptoms, utilizing helpful patient assessments to develop personalized treatment protocols.

The guide particularly emphasizes how declining NAD levels may affect testosterone regulation, tissue repair, and inflammation management in men over 40. Each of the six highlighted nutrients plays a distinct role in supporting cellular health. Vitamin C may provide antioxidant support, while Magnesium may assist with energy production. Glutathione may help with detoxification processes, and Alpha-Lipoic Acid may support mitochondrial function. The combination of Amino Acids and Taurine may aid in protein synthesis and cardiovascular health, while B-Complex Vitamins may support overall metabolic processes.

The Centre's IV therapy services are administered in their dedicated IV Lounge, where treatments are overseen by a team of naturopathic doctors, nurse practitioners, and registered nurses. Each treatment protocol is tailored to individual patient needs based on comprehensive health assessments.

The release of this educational resource reflects Toronto Functional Medicine Centre's commitment to patient education and informed healthcare decisions. The guide serves as a resource for men considering NAD IV therapy as part of their wellness strategy, providing helpful information about how nutrient combinations may support their health goals.

Toronto Functional Medicine Centre offers a range of integrative health services including botanical medicine, brain and neurology care, detoxification programs, digestive health support, hormonal balance treatments, lab testing services, and pain management therapies. The Centre's integrative approach is based on three foundational pillars: gut health, brain health, and hormonal balance. Visit the Toronto Functional Medicine Centre official website or call (416) 968-6961 or email at info@tfm.care. The facility combines traditional and modern therapeutic approaches to address complex health concerns through personalized treatment plans.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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