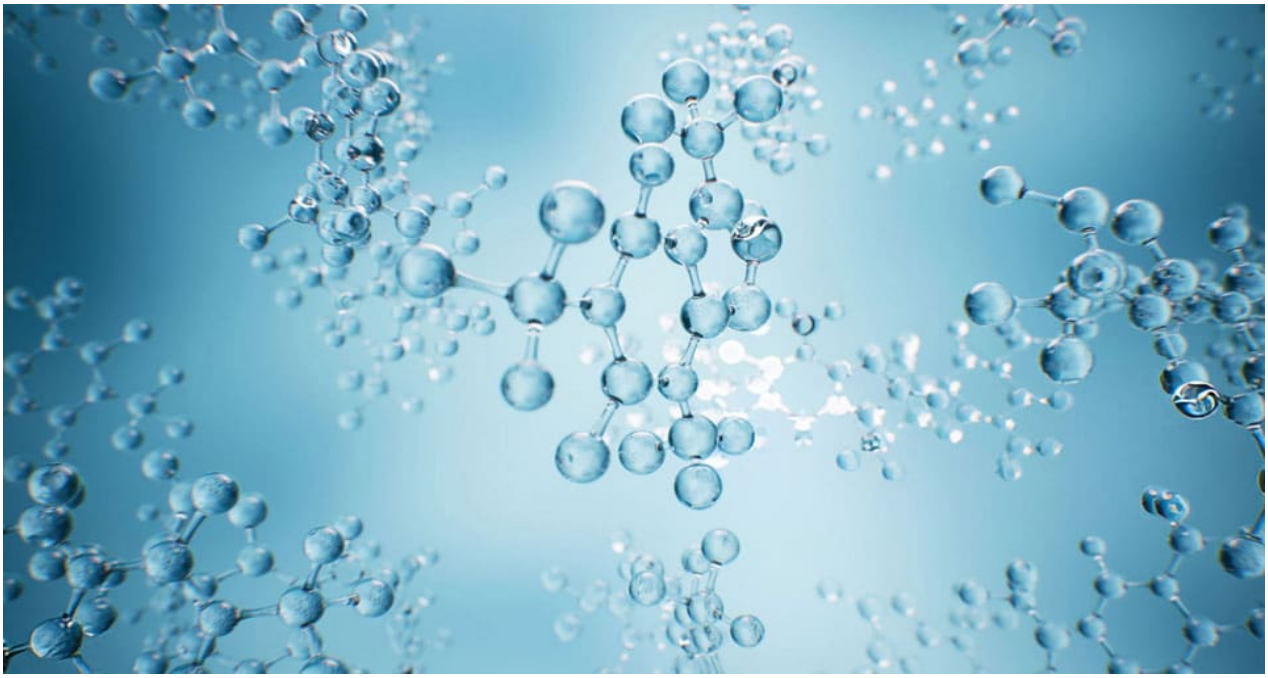


Toronto Functional Medicine Centre Explores NAD IV Therapy Combinations for Enhanced Cellular Support

June 23, 2026

TORONTO, ON - June 23, 2026 -
Toronto Functional Medicine Centre has published educational content examining the potential benefits of combining NAD IV therapy with glutathione and red-light therapy for cellular health support. The integrative health facility, located in Yorkville, Toronto, discusses how these three therapies may work synergistically when administered together.

The centre's recent educational material explores how NAD (nicotinamide adenine dinucleotide), a coenzyme that supports energy production and cellular functions, may be enhanced when combined with other therapeutic approaches. NAD IV Therapy in Toronto has gained attention as practitioners explore various applications, including potential support for different health concerns.

"The combination of NAD with glutathione and red-light therapy represents an integrative approach to cellular health support," said Heather Claus, Strength Coach, Fascial Stretch Specialist, spokesperson for Toronto Functional Medicine Centre. "By addressing multiple aspects of cellular function simultaneously, this stacked

approach may offer helpful support for patients seeking to optimize their wellness."

NAD plays a crucial role in energy metabolism, DNA repair, and nervous system function. When delivered intravenously, NAD bypasses the digestive system for direct absorption into the bloodstream. The centre's educational content notes that combining this therapy with glutathione, often referred to as the master antioxidant, may help support the body's natural detoxification pathways and combat oxidative stress.

Red-light therapy, the third component in this therapeutic stack, is believed to enhance mitochondrial functioning and support tissue repair processes. The wavelengths used in red-light therapy may penetrate tissue to stimulate cellular energy production, potentially complementing the effects of NAD supplementation.

The centre emphasizes that combining these therapies in a single visit may offer practical advantages for patients, including time efficiency and the potential for synergistic effects. While research continues into the various applications of NAD therapy, some practitioners are exploring its potential in different areas of health support. NAD IV therapy in Toronto for Vision Support represents one area where practitioners are examining possible applications, though further research is needed to fully understand all potential benefits.

"Education about integrative approaches helps patients understand their options for supporting cellular health," added Heather Clauss . "While individual responses may vary, the combination of these three therapies addresses oxidative stress, energy production, and cellular repair mechanisms simultaneously."

The Toronto Functional Medicine Centre offers various integrative health services including acupuncture, naturopathic medicine, detoxification support, and bio-identical hormone treatments. The facility takes an integrative functional medicine approach, focusing on three pillars of health: gut health, brain health, and hormonal balance.

The centre provides both in-person and virtual appointments for patients seeking integrative health support. Their approach emphasizes addressing root causes of health concerns while supporting the body's natural healing processes. The facility's IV therapy services are administered in their IV Lounge, where patients receive various nutrient infusions tailored to their individual needs.

Toronto Functional Medicine Centre continues to provide educational resources about integrative health approaches through their blog and educational materials. The centre maintains that all therapies are intended to support overall wellness and that patients should work with qualified healthcare practitioners to determine appropriate treatment plans for their individual needs. Visit our website or contact them on the phone (416) 968-6961 or email at info@tfm.care.

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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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