

Inner Balance

Inner Balance NAD+

Your prescription, needle-free NAD+ regimen
Designed for consistency. Built for long-term support. We're glad you're here.

This guide will walk you through how to use your prescription, what to expect, and how to get support if you need it.

What You're Taking

Active ingredients:

Each sublingual tablet contains:
200 mg NAD+

Inner Balance NAD+ is a prescription medication designed to support:

- Cellular energy production
- Normal restorative processes
- Brain clarity and resilience
- Healthy aging over time

This medication was prescribed specifically for you following a medical review and is compounded in the USA by a licensed 503A pharmacy.

How to Take Your NAD+

Daily use is key.

1. Place one tablet under your tongue
2. Allow it to fully dissolve
3. Do not chew or swallow whole
4. Take once daily, or as directed otherwise by an Inner Balance clinician.

Try to take it at the same time each day to build consistency.

What to Expect

This is not a stimulant.

Inner Balance NAD+ supports your body at the cellular level, so benefits are often subtle at first and build over time.

Some patients notice:

- Steadier energy
- Improved mental clarity
- Better resilience to stress
- Improved sense of overall well-being

Others notice changes gradually over several weeks. Consistency matters more than intensity.

If You've Tried NAD+ Before

If you've used injectable or IV NAD+ in the past, this experience may feel different.

This prescription is designed for:

- Long-term use
- Ease and sustainability
- Daily support rather than high-intensity dosing

Many patients prefer this approach because it's easier to stay consistent without injections or clinic visits.

Suitability & Important Notes

- If you are pregnant, nursing, or experience unexpected symptoms, contact an Inner Balance clinician

Need Support or Have Questions?

You're not on your own.

To contact Inner Balance support or your medical team:

1. Log in to your account at www.innerbalance.com
2. From your dashboard, you can:
 - Message support
 - Schedule or request a visit with a provider
 - Review your prescription details
 - Manage refills or subscriptions

Or you can download our app and reach us there! Our team is here to help guide you through your care.

A Final Note

Longevity is not about doing the most —
It's about supporting your body in a way you can stay consistent with over time.

Thank you for trusting Inner Balance with your care. We're honored to support you.

Compounded medications are specially prepared for individual patient needs based on a valid prescription and, as such, are not reviewed or approved by the U.S. Food and Drug Administration (FDA) for safety or efficacy. These statements have not been evaluated by the FDA.