

NovaNAD SQ Pen User Guide (Digital) – Extracted Reference

Purpose: Reference-only extraction to support creating a NovaNAD-branded guide. Original branding/content must not be reused verbatim in the final NovaNAD document.

NAD User Instructions

Nicotinamide Adenine Dinucleotide (NAD⁺)

Important information you need to know before using NovaNAD.

1. Before you begin

- Please read this leaflet and the full Instructions for use before starting your NovaNAD experience. It's important that you understand how to correctly store, handle, and administer NovaNAD ensuring both safety and optimal efficacy.
- All pens have Anti-Counterfeit Labelling with Secure Pharma Grade Authenticity Validation Code.

2. What's inside the NovaNAD SQ Pen Kit?

- 1 or 2 prefilled pens (each containing either 400mg or 1000mg of pure pharma grade NAD⁺)
- 8 disposable needles with the 400mg NAD pen, 20 disposable needles with the 1000mg NAD pen
- Alcohol Swabs
- 1x NovaNAD Pen Travel Case
- 1x Reusable Travel Ice Pack (100mL)
- 1x Instruction Card

3. How to store NovaNAD SQ Pen

- Store Pens in the refrigerator at 2-8°C (36-46°F) whenever possible.
- Keep away from heat and direct sunlight.
- Do not use the pen if:
 - The solution is frozen, cloudy, or contains particles
 - The pen is expired or empty.
- NovaNAD SQ Pens have been validated to remain safe and stable for up to 30 days at room temperature.
- Use the Travel Case and Ice Pack to keep your pen cool during short trips.
- Dispose of expired or empty pens responsibly. Do not reuse needles.

Dosing Overview

PRODUCT:	INSTRUCTIONS:
NovaNAD+ 5ml Vial	Administer as a subcutaneous injection. Use the included sterile syringe to draw from the vial. Loading Phase: Day 1: 0.2ml Day 2: 0.3ml Day 3: 0.4ml Day 4: 0.5ml Day 5: 0.5ml Day 6: 0.5ml Day 7: Rest Maintenance Phase: Continue with 0.5ml per injection, 2–3 times per week. Always inject into subcutaneous fat (abdomen or outer thigh), and inject slowly for comfort and improved absorption.
NovaNAD+ 10ml Vial	Administer as a subcutaneous injection. Use the included sterile syringe to draw from the vial. Loading Phase: Day 1: 0.2ml Day 2: 0.3ml Day 3: 0.4ml Day 4: 0.5ml Day 5: 0.5ml Day 6: 0.5ml Day 7: Rest Maintenance Phase: Continue with 0.5ml per injection, 2-3 times per week. Always inject into subcutaneous fat (abdomen or outer thigh), and inject slowly for comfort and improved absorption.
NovaNAD+ 400mg Pen	(Starter Pen) Administer as a subcutaneous injection. Dose 30 clicks per injection, 2 times per week. Inject into subcutaneous fat such as the abdomen or outer thigh, and depress the pen slowly for best comfort and absorption.
NovaNAD+ 1000mg Pen	Administer as a subcutaneous injection. Dose 15 clicks per injection, 3 times per week. Inject into subcutaneous fat such as the abdomen or outer thigh, and depress the pen slowly for best comfort and absorption.

The NovaNAD SQ Pen is available as a single 400mg pen (starter kit), single 1000mg pen (maintenance kit) or double 1000mg pen (advanced kit).

Each pen cartridge contains pure, pharmaceutical-grade NAD⁺.

Doses per pen:

- The 1000mg NAD⁺ pen consist of 20 doses of 50mg NAD⁺, administered 3 x per week. It will last approximately 6.5 weeks.
- The 400mg NAD⁺ pen consists of 8 doses of 50mg NAD⁺, administered 2 x per week. It will last approximately 4 weeks.

All NovaNAD SQ Pen offers customisable dosages ranging from 50-100mg.

Therefore, the duration of each pen will depend on the desired administration dosage.

Adjust dose using the dial:

- 400mg pen 30 clicks = 50mg NAD | 1000mg pen 15 clicks = 50mg NAD
- Turn clockwise to increase
- Turn counterclockwise to decrease

4. Safety Information

- Keep all components away from children.
- Do not mix other injectable products into the cartridge.
- Disinfect the injection site with an Alcohol Swab before injecting.
- Wash hands thoroughly with soap and water before use.
- After injecting, remain seated and relaxed for 5 minutes to monitor how you feel.

5. Do not use NovaNAD SQ Pen if

- You have active cancer or are currently in remission without consulting your oncologist.
- You have irritated, scarred or broken skin at the site of injection.
- You are pregnant or breastfeeding.
- You are 18 years or below.

Reassess and adjust dosage as needed.

1. Prepare to inject

- Wash your hands thoroughly.

- Clean your injection site, lower abdomen (recommended) or outer thigh, using an alcohol swab. (Provided in the NovaNAD SQ Pen kit).

What is NovaNAD SQ Pen?

- NovaNAD SQ Pen is a self-administered subcutaneous injection kit delivering optimal purity NAD⁺ directly into your body for maximum bioavailability.

Injection sites

- Subcutaneous injection sites vary, but most commonly include the abdomen (avoiding the area around the belly button), the outer thigh, the back of the upper arm, and the buttocks.
- Rotation of injection sites is crucial to minimise site irritation and bruising and ensure optimal absorption of the active NAD⁺ solution.

Instructions for Use NovaNAD SQ Pen

IMPORTANT DISCLAIMER

- Do not use if the Pen contents are:
 - Frozen
 - Cloudy
 - Contain visible particles
- Wash your hands with soap and water before every injection.
- Check the product label to ensure:
 - The product is not expired
 - The pure NAD⁺ SQ solution should be light yellow in colour, this is normal.

1. Set the correct dosage

- Turn the dosage dial on the Pen clockwise to set your preferred amount: 50mg
- Ensure the correct dosage appears clearly in the window before proceeding.
- In case you selected the wrong dosage, please rotate counterclockwise to reset.
- Make sure you can see the dosage counter. Do not cover it with your fingers. This could interrupt the injection.

2. Needles

- Take a new needle and tear off the paper tab. You will then screw the needle firmly onto the tip of the pen to ensure it is secure. Always use a new needle for each injection and remove once complete. Failure to remove the needle will cause the pen to leak in storage.

3. Place the needle

- Push the needle straight onto the Pen. Turn clockwise until it is on tight.

4. Remove the caps

- Pull off the outer needle cap and keep it for later. You will need it after the injection, to safely remove the needle from the Smart Pen.
- Pull off the inner needle cap and dispose.
- If you try to put it back on, you may accidentally prick yourself with the needle.
- Be careful not to touch the needle and ensure it remains sterile.

Caring for your Smart Pen

Treat your Pen with care. Rough handling or misuse may cause inaccurate dosing, which may lead to abdominal discomfort such as nausea or vomiting.

- Do not leave the Pen in a car or any place where it can get too hot or too cold.
- Do not inject NovaNAD SQ Pen which has been frozen.
- Do not inject NovaNAD SQ Pen which has been exposed to direct sunlight.
- Do not expose your Pen to dust, dirt or liquid.
- Do not wash, soak or lubricate your Pen. It may be cleaned with a mild detergent on a moistened cloth.
- Do not drop your Pen or knock it against hard surfaces. If you drop it or suspect a problem, attach a new needle and check the flow before you inject.
- Do not try to refill your Pen. Once empty, it must be disposed of.
- Do not try to repair your Pen or pull it apart.

6. Inject

- Hold the Pen firmly at a 90-degree angle against the cleaned injection site.
- Press the blue tab at the back of the Pen down until you hear a “click” – this activates the injection.
- Hold in place for 5-10 seconds to allow the full dose to be delivered.
- You may experience a slight tingling or stinging sensation at the site of the injection. This is normal and nothing to be concerned about.

7. Dispose the needle

- Check that the dosage window is clear (confirming delivery).
- Use the needle cap to remove the needle from the Pen.
- Place the used needle tip in a sharps bin.

NovaNAD SQ Pen Travel Case. How to Pack and Use

Thank you for choosing NovaNAD SQ Pen. Your sleek, black Travel Case has been carefully designed to help you travel safely and confidently with your NAD+ Smart Pen.

Getting Ready to Travel

Before you head out, here's how to prepare your case for the journey:

- Pack Your Ice Pack
- The ice pack included in your kit is ideal for carry-on luggage and complies with most airline guidelines.
- Freeze your chosen Ice Pack before travel for up to 6 hours, and whenever a freezer is available during your trip.

This helps protect the integrity of your NAD+ throughout your journey.

Helpful Reminders

- Keep your Travel Case zipped up and stored in a cool place while in transit.
- If flying, you can inform airport security you're carrying a medical device – just like with any health-related kit.

