

Nova B12 SQ Pen User Guide

Vitamin B12 User Instructions

Important information you need to know before using Nova B12 SQ Pen.

1. Before you begin

- Please read this leaflet and the full Instructions for use before starting your Nova B12 SQ Pen experience. It's important that you understand how to correctly store, handle, and administer Nova B12 SQ Pen ensuring both safety and optimal efficacy.
- All Pens have Anti-Counterfeit Labelling with Secure Pharma Grade Authenticity Validation Code.

2. What's inside the Nova B12 SQ Pen Kit?

- 1 prefilled Pens (each containing 5mg of pure pharma grade Vitamin B12)
- 10 Disposable Needles
- 10 Alcohol Swabs
- 1 Nova B12 SQ Pen Travel Case
- 1 Reusable Travel Ice Pack
- 1x Welcome Card

3. How to store Nova B12 SQ Pen

- Store Smart 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.
- Nova B12 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 Smart Pens cool during short trips.
- Don't forget to pack needles and Alcohol Swabs when traveling!
- Dispose of expired or empty pens responsibly. Do not reuse cartridges.

PRODUCT:	INSTRUCTIONS:
Nova B12 5ml Vial	Administer as a subcutaneous injection. Dose 0.5–1ml per injection, once per week. Draw with a sterile syringe, inject into subcutaneous fat (abdomen or outer thigh), and inject slowly for comfort and optimal absorption.
Nova B12 10ml Vial	Administer as a subcutaneous injection. Dose 0.5–1ml per injection, once per week. Draw with a sterile syringe, inject into subcutaneous fat (abdomen or outer thigh), and inject slowly for comfort and optimal absorption.
Nova B12 1ml Pen	Administer as a subcutaneous injection. Dose 30–60 clicks per injection, once per week. Inject into subcutaneous fat (abdomen or outer thigh), and inject slowly for comfort and improved absorption.

Dosing Overview

- The Nova B12 SQ Pen is available as a single kit.
- Each 3ml Smart Pen cartridge contains 5mg of pure, pharmaceutical-grade Methylated B12.
- Which is equivalent to:
 - 10 doses of 0.5mg B12. It will last approximately 10 weeks..

Quick Start Guide

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 5-10 minutes to monitor how you feel.

5. Do not use Nova B12 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 Nova B12 SQ Pen kit).

What is Nova B12 SQ Pen?

Nova B12 SQ Pen is a self-administered subcutaneous injection kit delivering optimal purity Vitamin B12 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 Nova B12 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 box label to ensure:
 - The product is not expired
 - The pure B12 SQ solution should be red in colour, this is normal.

2. Set the correct dosage

- Turn the dosage dial on the Pen clockwise to set your preferred amount: 0.5mg (30 clicks) / 1mg (60 clicks)
- 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.

3. Needles

- Take a new needle and tear off the paper tab. Always use a new needle for each injection.

4. Place the needle

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

5. 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 Pen.
- Pull off the inner needle cap and throw it away.
- If you try to put it back on, you may accidentally stick yourself with the needle.
- Be careful not to touch the needle.

Caring for your 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 another place where it can get too hot or too cold.
- Do not inject Nova B12 SQ Pen which has been frozen.
- Do not inject Nova B12 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 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.

Nova B12 SQ Pen Travel Case. How to Pack and Use

Thank you for choosing Nova B12 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:

The travel ice pack 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.

- Include enough Alcohol Swabs and Disposable Needles for the number of self-administered doses you'll need.

Helpful Reminders

- Keep your Travel Case zipped up and stored in a cool place while in transit.
- Remember to pack the sharps bin for safe disposal during your travel.
- If flying, you can inform airport security you're carrying a medical device – just like with any health-related kit.