

## 1-MNA Suggested Dosing Protocol

The chart below shows various dosing options coupled with the amount (in 58mg capsules) and frequency for each dose. Dosing should be determined by the physician on an individual patient basis.

### Patient Classification and Recommended Dosing

<b><u>General Health Maintenance</u></b>	<b><u>Suggested Dosing (58mg capsules)</u></b>	<b><u>Timing and Frequency</u></b>
Healthy Younger Adults (18-40 yo)	1-2	Daily - Morning (qAM)
Healthy Older Adults (41-65 yo)	2-3	Daily - Morning (qAM)
Healthy Seniors (65+ yo)	3-4	Daily - Morning (qAM)

<b><u>Specific Health Conditions and Focuses</u></b>	<b><u>Suggested Dosing (58mg capsules)</u></b>	<b><u>Timing and Frequency</u></b>
Metabolic Health	3-4	Daily - Morning (qAM)
Athletic Performance	3-4	30-60 Minutes Before Event
Chronic Inflammation	3-5	Daily - Morning (qAM)
Cardiovascular Support	4-5	Daily - Morning (qAM)
Chronic Condition	3-5	Daily - Morning (qAM)
Lipid Support	3-5	Daily - Morning (qAM)

‡This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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DISCLAIMER: This dosing chart serves to provide general dosing guidelines reflecting generally accepted practices at the time of publication. It is not designed to substitute for the individual advice and decision-making provided by a licensed physician. Individual patient factors will influence optimal dosing and should be considered.

The chart below shows various dosing options coupled with the amount (in 58mg capsules) and frequency for each dose. Dosing should be determined by the physician on an individual patient basis.

For supplementation as a complement to NAD+ infusions, NAD+ injections, or NAD+ Precursors, to increase safety and diminish the risks of increased NNMT levels from NAD supplementation, the protocol that our medical team has created that you can choose to follow is:

<u>Weeks After NAD+ Supplementation</u>	<u>Suggested Dosing (58mg capsules)</u>	<u>Timing and Frequency</u>
1	4	Daily - Morning w/ Meal
2-4	2-3*	Daily - Morning w/ Meal
5+	1-2*	Daily - Morning w/ Meal

\*Suggested dosing is dependent on underlying health issues prior to supplementation of NAD+ and its precursors (NMN, NR, NA, NAM). For underlying health issues, err towards higher recommended dosage. If already using 1-MNA prior to adding NAD+ supplementation, return to the suggested dosing for specific health conditions.

**Potential interactions may occur with:**

- Blood thinners
  - This is due to 1-MNA’s mild anti-thrombotic characteristics
  - Recommend pausing supplementation one week before surgery

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**Notable labs to monitor:**

<u>Labs</u>	<u>Indication</u>	<u>Potential Effect</u>
hsCRP	Inflammation	Lowered
LP(a)	Inflammation/Cardiovascular	Lowered
TNF-a	Inflammation	Lowered
Triglycerides	High Lipids	Lowered
IL-1b	Inflammation	Lowered
IL-4	Inflammation	Lowered
IL-6	Inflammation	Lowered
Homocysteine	Inflammation/Poor Methylation	Lowered
LDL	High Cholesterol	Lowered

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