

# HINNAO<sup>®</sup>

TECHNOLOGY



WELCOME TO  
YOUR HINNAO<sup>®</sup> JOURNEY



# HINNAO® Technology NAD+

*(Nicotinamide adenine dinucleotide)*

INSTANT ABSORPTION USING ADVANCED HINNAO TECHNOLOGY®



## NAD+ Replacement Therapy to boost your NAD+ levels

Please take care to read the following document before you start taking your NAD+. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.  
This product is not for under 18's, pregnant or breastfeeding women.



## GENERAL PRODUCT INFORMATION

NAD+ is found in every cell in your body and is essential for creating cellular energy and maintaining cellular health. Levels of this critical molecule correlate with health status in aging. NAD+ levels decline with age. Despite their central role in cellular functions, the body doesn't have an endless supply of NAD+.

Due to the constant decline in NAD+ as we age it is prudent to supplement with NAD+ daily to improve cellular function and resist cellular aging.

### **Hydration**

Due to the strength of HINNAO® products consumers should be sufficiently hydrated before use

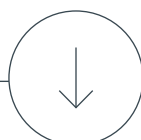
### **Storage and Temperature Guidelines**

HINNAO NAD+ is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of NAD+ has a shelf life of more than 2 years.

### **HINNAO® NAD+ ingredients**

HINNAO® NAD+ is stabilised with our proprietary technology enabling daily replacement therapy. HINNAO® products are formulated with minimal ingredients therefore droppers can sometimes have difficulty filling to the desired 1 ml mark if the product hasn't been used regularly. If you are having trouble filling up the dropper completely, try this: With the dropper opening below the level of the liquid, squeeze the bulb 2-3 times in quick succession. This will achieve the desired result of a complete fill. Always remember to shake the bottle well before use to ensure proper distribution of NAD+.

**Tip: if necessary to clean the pipet, draw lukewarm water up and repeat until clean.**



## HOW TO GET THE MOST OUT OF YOUR HINNAO® NAD+

### **How Absorption Works**

HINNAO® NAD+ absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

### **Alternatives to under the tongue**

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. The NAD+ will still be absorbing as it travels down the throat.

### **When to take your HINNAO® NAD+**

NAD+ kick starts your cell's circadian rhythm so ideally should be taken on waking, but morning or midday is preferred by people who see increased energy levels after supplementation. People taking for exercise-related benefits have reported success taking it immediately before exercise. We advise supplementing with an antioxidant such as glutathione when taking NAD+ due to the increase in cellular energy production, glutathione will support cellular respiration.

### **Dosage suggestions based on client success reports**

Many people have reported great results taking 125mg per day. There is no recommended dosage of NAD+, and there are no reported side effects or drug interactions. Many people also take 500mg per day to enhance the positive benefits, especially those taking the product for weight loss or exercising.



### How long it takes to see results

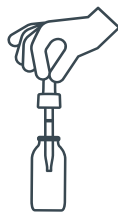
Results vary from person to person depending on the individual level of toxicity, desired results, and dosage taken. The product works immediately because of high absorption, however you may not see results for weeks to months. In general, we recommend keeping a log of your progress to monitor your results.

## HOW TO TAKE HINNAO® NAD+



### STEP 1

Shake the bottle well for 30 seconds to ensure a consistent dose.



### STEP 2

Squeeze the pipette to draw up recommended dose.



### STEP 3

Place the product under your tongue.



### STEP 4

Hold in your mouth for 60-90 seconds, then swallow.



## POSITIVE BENEFITS TO WATCH FOR

### **Weight Loss/Sleep**

NAD+ has recently been identified as a molecule that plays a role in human sleep cycles, as well as feelings of hunger.

### **Cravings**

NAD+ studies implicate raising intracellular NAD+ levels as a potential target for managing and treating addictive behaviour and reducing cravings and withdrawal symptoms in patients with food addiction and/or substance abuse.

### **Memory and Mental Focus**

Many customers report relief from “mental fog” and increased ability to recall things in short term memory that were previously forgotten.

### **Energy**

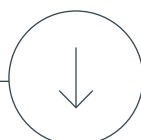
NAD+ improves endurance, strength, stamina and athletic performance, reduces soreness and fatigue, improves metabolism, as well as boosting brain power, memory and focus. NAD+ replacement therapy increases cellular respiration.

### **Fitness**

NAD+ lowers recovery time and can increase VO2 Max, noticed effects from supplementation is less muscle soreness and fatigue.

## POTENTIAL SIDE EFFECTS OF DETOX

Mild pressure in the head dissipates after 10 mins or less. Autoimmune conditions may have a low tolerance to NAD+ and lower dosing is advised in the beginning.



Thank you for reading and good luck with your  
detoxification journey.

