

CELLULAR INTELLIGENCE

Your Energy Lives Inside Every Cell.

There is a molecule your body makes – and slowly loses. It powers your mitochondria, repairs your DNA, and keeps your mind sharp. It is called NAD⁺. And right now, yours may be running low.

Every breath, every thought, every recovery – powered by a coenzyme your body makes less of every year. We're here to change that.

THE SCIENCE
What Is NAD⁺?

Nicotinamide Adenine Dinucleotide is a coenzyme found in every cell of your body. It converts nutrients into ATP energy, supports mitochondrial health, activates DNA repair enzymes, and sustains cognitive function.

NAD⁺ levels decline with age, chronic stress, illness, and metabolic strain – leaving you feeling the gap.



- 
ENERGY
- 
DNA REPAIR
- 
MITOCHONDRIA
- 
COGNITION
- 
METABOLISM

You've probably felt it – that slow erosion of energy that no amount of sleep seems to fix. The brain fog that lingers. The recovery that takes just a little longer than it used to. You're not imagining it.

IS THIS FOR YOU?

You might be a good candidate if you're experiencing:

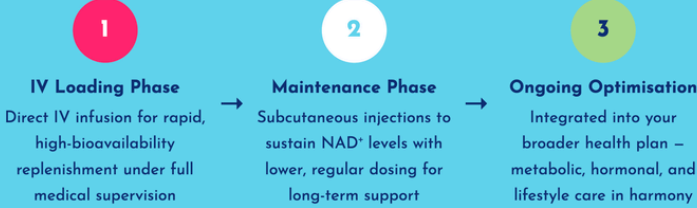
-  **Persistent Fatigue**
Persistent fatigue or low energy that doesn't resolve with rest
-  **Brain Fog**
Brain fog, reduced focus, or cognitive changes
-  **Poor Recovery**
Slow recovery from illness, training, or chronic stress
-  **Metabolic Strain**
Metabolic strain, insulin resistance, or burnout

NAD⁺ therapy is not a cure-all. It's one powerful tool within an integrated, medically supervised health plan – designed around you.

OUR APPROACH

Your NAD⁺ Journey

Doctor-Led. Medically Supervised. Always.



WHAT PATIENTS REPORT

Potential Benefits of NAD⁺ Therapy



Results vary between individuals and depend on baseline health, lifestyle, and adherence to a broader care plan.

YOUR JOURNEY
What to Expect



- 01 Medical & lifestyle assessment
- 02 Goals & expectations discussion
- 03 Medications & supplements review
- 04 IV & maintenance phase planning
- 05 Follow-up to assess response

Some steps available virtually. IV therapy requires in-person visits.

YOUR CARE PLAN
Part of Something Bigger

NAD⁺ works best alongside your broader health journey – not as a standalone fix, but as a powerful complement to metabolic, hormonal, and lifestyle care.

- ✓ Weight & metabolic optimisation
- ✓ Hormonal health support
- ✓ Nutritional & lifestyle interventions
- ✓ Performance & recovery plans

Safety & Clinical Oversight

NAD⁺ therapy at Lumiya Health is offered only following a thorough medical assessment. Not everyone is a suitable candidate. Dosing is individualised, monitoring is ongoing, and therapy may be adjusted or discontinued if clinically indicated. This is medicine guided by clinical judgement – not marketing.

Ready to Support Your Cells?

Your consultation is the first step. A Lumiya Health doctor will assess your health, discuss your goals, and design a programme built around you – not a template.