

FAQ: Recharge NAD



Defy aging at the cellular level. Recharge NAD™ is a dietary supplement designed to optimize the production of energy in the cell and help slow cellular aging by boosting your cells' natural detoxification process. Its benefits are delivered through an advanced timed-released capsule technology.

How does Recharge NAD work?

Recharge NAD delivers ingredients designed to target multiple pathways of cellular aging with advanced capsule technology. The clinically supported ingredients include:

- Broccoli seed extract** to help strengthen the body's defenses against free radicals and toxins
- Astragalus membranaceus**, long used in Traditional Chinese Medicine to increase energy and stress resistance
- Tocotrienols**, a specialized form of vitamin E that is clinically shown to support healthy aging while being a powerful tool for total body health
- Fisetin**, a flavonoid that is a potent supporter of cellular health
- NADH**, a biologically active form of vitamin B3 to support the maintenance of adequate NAD+ concentrations — a key requirement for cellular energy and health.

Should I take Recharge NAD with a meal?

While there are benefits to consuming Recharge NAD with a meal, it can be taken at a time that is most convenient for you – with or without food.

How many servings of Recharge NAD should I take per day?

We recommend consuming one two-capsule serving daily.

Do I have to take both Recharge NAD capsules at one time or can I take one in the morning and one in the evening?

You can personalize how you take your Recharge NAD to make it a convenient part of your daily wellness routine. If you prefer to take one capsule with breakfast and the other capsule with dinner, that is great! If you prefer to take them both at one time, that is also fantastic. What matters most is making sure you take two capsules daily to receive consistent benefits.

What is advanced capsule technology?

Recharge NAD provides superior stability and sustained release of active ingredients with its advanced capsule technology. The plant-based capsules contain bright blue beadlets that are colored with natural blue spirulina extract. The beadlets are suspended in a blend of MCT oil and tocotrienols. This system not only separates and protects the bioactive ingredients in Recharge NAD but also provides a sustained release for optimal nutrient delivery.

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Who can use Recharge NAD?

Recharge NAD is suitable for adults 18 years of age or older. It is always recommended that you consult with your doctor about your dietary supplement use while pregnant or breastfeeding or if you have a medical condition.

Will eating broccoli do the same thing as Recharge NAD?

Recharge NAD provides 5 bioactive ingredients, only one of which is derived from broccoli. To receive the same benefits from the broccoli seed extract in Recharge NAD alone, you would need to eat at least one full head of broccoli, about 4 cups, per day, every day.

Can I take Recharge NAD on Cleanse Days?

Yes. If daily dietary supplements are a part of your regular Cleanse Day schedule, then Recharge NAD can be included as part of your routine at zero cleanse credits per serving.

Are NAD, NAD+, and NADH all the same?

Nicotinamide adenine dinucleotide (NAD) is a molecule found in every living cell and is essential in energy and metabolism. There are two main forms of NAD: NAD⁺ and NADH. These two forms of NAD accept and transfer electrons at critical steps in cellular energy metabolism and are converted from one form to the other and back again as part of a cycle of energy generation.

NAD⁺ and NADH are not the same, but NADH is converted to NAD⁺ as part of normal metabolism.

What makes Recharge NAD bright blue in color?

The bright blue color of Recharge NAD comes from spirulina, a type of algae that has a natural blue-green color.

Why is the oil in some of my Recharge NAD capsules green?

The color of the oil in Recharge NAD capsules develops a light greenish tint shortly after it is produced. This is a normal process that doesn't have any impact on the potency, safety, or quality of Recharge NAD.

The oil inside Recharge NAD capsules is naturally a light-yellow color. When some of the blue pigment from the outer part of the beadlets combines with the yellow oil, it results in a slight greenish tint.

Does Recharge NAD contain caffeine?

Recharge NAD does not contain caffeine or other stimulant ingredients. It aids in cellular energy by supplying NADH to our mitochondria, the powerhouses of our cells, to help form ATP, the energy currency of our cells.

Temperatures can be extreme where I live and Recharge NAD sat on my porch for a few hours. Is it still ok to use?

Recharge NAD has undergone testing in the extreme summer heat and winter freezing conditions. If your product sat at your doorstep longer than you had hoped, you can rest assured that it is still the same great product as when it left the manufacturing facility. You may notice a slightly oily residue when handling the capsules. This is not leakage, but rather a little excess oil from the capsule filling process.

Statements above have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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