

# NAD+ Dosing Chart

A coenzyme central to cellular energy metabolism, supplemented orally (as precursors) and by IV. Levels decline with age. Not a peptide. Commonly discussed doses: 250 mg–1000 mg. NAD+ is administered by IV in the hundreds of milligrams. Figures shown are total milligrams in micrograms — 500,000 mcg is 500 mg. IV administration is a clinical procedure, not a home reconstitution.

thelastpeptide.com · Medically reviewed by Charles Maddix, MSN, APRN, PMHNP-BC · Last reviewed 2026-08-02

### FDA STATUS

NAD+ itself is not FDA-approved as a drug. Oral NAD precursors (NR, NMN) are sold as dietary supplements; IV NAD+ is administered in clinics but is not FDA-approved to treat any condition.

### 500 mg vial — units to draw (U-100 syringe)

| Water added | mg/mL  | 250 mg | 500 mg | 1000 mg |
|-------------|--------|--------|--------|---------|
| 1 mL        | 500    | 50 u   | 100 u  | —       |
| 2 mL        | 250    | 100 u  | —      | —       |
| 3 mL        | 166.67 | —      | —      | —       |

### 1000 mg vial — units to draw (U-100 syringe)

| Water added | mg/mL  | 250 mg | 500 mg | 1000 mg |
|-------------|--------|--------|--------|---------|
| 1 mL        | 1000   | 25 u   | 50 u   | 100 u   |
| 2 mL        | 500    | 50 u   | 100 u  | —       |
| 3 mL        | 333.33 | 75 u   | —      | —       |

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: [thelastpeptide.com/peptides/nad](https://thelastpeptide.com/peptides/nad)

NAD+ dose figures are commonly discussed reference information with no approved labeling unless stated above. The Last Peptide is an educational reference and sells nothing. Dosing figures shown here are commonly discussed reference information, not prescriptions or medical advice. Many peptides listed are not FDA-approved. Talk to a licensed clinician before using any peptide.