



SUPERHUMAN IV ADVANCED TREATMENT PROTOCOLS FOR:

AGING | FATIGUE | MENTAL HEALTH | ADDICTION

REVERSE AGING

What It Treats:

Slow, if not reverse, aging on the cellular & biological level. Feel young & experience more youthful energy & stamina while reducing your chances of diseases & ailments associated with aging.

Additional Info:

NAD+ may also help prevent Parkinson's, Alzheimer's, & cancer because it's so centrally involved in hundreds of metabolic cellular processes. When you boost NAD+, you are boosting your entire cellular environment & helping cells repair themselves & operate more efficiently.

Investment:

The Monthly Investment is \$595 for monthly treatments or \$349 for treatments every two months. Each InsideTracker testing kit is additional.

Treatment Protocol:

- Quarterly Tracking of 43 Biomarkers with InsideTracker & to See Progress on Cellular Aging.
- Monthly 500 mg of NAD+ (1000 mg to Turbo Charge).
- B12 shot included.
- Glutathione (master antioxidant) boosted.
- Other nutrients based on your personalized biometric data.
- Metformin prescription is highly recommended to enhance insulin optimization.
- Other normal healthy lifestyle habits like a good diet based on your gut profile, healthy levels of exercise, good sleep, and manageable stress.

Timeline:

As long as you want to stay young, vibrant, & optimized.

FATIGUE & PEAK ENERGY RENEWAL

What It Treats:

Reverse chronic fatigue, heal thyroid issues, restore optimal metabolism, & accelerate stubborn weight loss. Additionally, it can help with many autoimmune diseases.

Additional Info:

Depletion of NAD+, B12, hormone imbalances have all been shown to cause fatigue & metabolism issues. With proper supplementation, you can reduce fatigue, address metabolism issues, & thus reduce unwanted fat.

Investment:

Starts at \$549 p/month for monthly treatments or \$295 every month if once every two month treatments are preferred. Additional cost for accelerated track and each InsideTracker testing kit.

Treatment Protocol:

- Track & assess 43 biomarkers with InsideTracker (1x per quarter).
- 500-1000 mg of NAD+ Treatment monthly B12 shot included.
- Hormone optimization may be added at additional cost if needed.
- Accelerated Track: 3 Days of NAD+ injections in 1st week or periodically if you are experiencing severe fatigue, fighting an autoimmune disease or dealing with significant thyroid issues.

Timeline:

Typically, but not always, you will notice an immediate impact after your first treatment & 6 months to get to a healthy baseline. However, the deeper the fatigue level, the more treatments that may be needed, hence the Accelerated Track is sometimes recommended.

DEPRESSION, POSTPARTUM, ANXIETY, & PTSD

What It Treats:

Your brain & cellular functioning gets re-energized while experiencing a significant boost from the BR NAD+. This tends to have a lasting and noticeable effect on energy, mood, and anxiety.

Additional Info:

Avoid the use of alcohol, non-prescription drugs, and other highly stressful situations as much as possible during treatment and in the following 72 hours as any one of those can dim the effects of treatment.

Investment:

Starts at \$2000 and can range as high as \$4000 for the six dose treatments, all based on your individual situation. Additional cost for InsideTracker testing kit. Therapy is not included, but we have preferred partners that are renowned mental health experts.

Timeline:

6 days straight of treatment then 6 months of monthly boosts. Additionally in some cases, we may offer the option for multiple three day treatment sessions spread out over no more than 45 days, but ideally 30 days if that is more manageable for some clients. Afterwards, the boosts are as needed, though in many cases, we expect you'll want to do a 500 mg BR NAD+ monthly for the next several months after your heavy dose of treatments.

Treatment Protocol:

- 6 straight days of BR NAD+ treatment (starts with higher doses, then tapers down).
- Monthly boosts for 6 months (afterwards, as needed).
- Support with somatic therapy during treatment highly recommended.
- Healthy lifestyle habits: healthy nutrition & exercise during and after treatment is highly recommended.
- Minimize or eliminate exposure to highly stressful people during treatment and in the following seven days.
- Cultivate reduced stress and a more peaceful state of mind through meditation and other forms of mindful relaxation.
- In some cases, we may recommend a ketamine + BR NAD+ treatment protocol.

ADDICTION (ALCOHOL, OPIOIDS, NARCOTICS, & OTHER SUBSTANCES)

What It Treats:

Substance issues including alcohol, opioids & other substances. Participants notice a significant reduction, or the complete elimination, of cravings & rarely experience relapse, while being able to fully enjoy life.

Additional Info:

An addicted individual may be tempted to skip over detox and go straight to a support program. However, detox is an incredibly important step to take if the end goal is long-term success.

The best treatment for alcohol addiction involves a combination of the following therapies:

- Medical intervention – Various medications can ease withdrawal symptoms and facilitate a smoother detoxification process.
- Individual therapy – One-on-one support and personal analysis is crucial when working toward successful detoxification.
- Group therapy – Positive peer pressure and a sense of community add additional safeguards.

Treatment Protocol:

- 14 straight days of BR-NAD+ Treatment (higher doses to start, tapered to lower doses).
- Support with highly competent somatic therapist required.
- Healthy lifestyle habits: foods & nutrients optimized for your body.
- Establishing healthy relationships & boundaries
- Reduce exposure to highly stressful people & experiences during treatment.

Timeline:

2 weeks (may be extended based on personal needs). According to Springfield Wellness center, who has been treating addiction for 15+ years using NAD+, they see cravings dramatically reduced within the first several days and the relapse rate to be very nominal in comparison to other treatment options.

Investment:

Starts at a daily treatment cost of \$895 or a total of \$12,530. Total investment can range based on your health needs. Additional cost for InsideTracker testing kit. Therapy sessions are an extra costs.

*If you have asthma we will recommend staying away from glutathione. If you are battling cancer or a liver or kidney issue, we will want to proceed with caution with treatment with NAD+.

**We look forward to helping you on your wellness journey. Please note that a number of our services and products are not evaluated and/or approved by the FDA and those services and products are not intended to diagnose, treat, cure or prevent disease.

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