



WEST ANNAPOLIS MEDICAL SPA

AT SANDEL DUGGAL PLASTIC SURGERY

NAD+ + B12 TAKE-HOME ENERGY KIT

4-week physician-directed SubQ program • individually dosed syringes for home self-injection

Designed to support energy, mental clarity, recovery, and wellness goals. Each plan is customized after medical review and injection teaching.

4-WEEK PROGRAM OPTIONS



Standard Energy Kit

Without B12

Best for: steady weekly energy support

\$425 / 4 weeks

Includes: 8 NAD+ syringes (2x per week)

Dose: 100 mg per injection (1 mL twice a week)

Also includes: supplies, injection teaching, storage instructions, dose calendar, and follow-up guidance



Standard Energy Kit

With B12

Best for: steady weekly energy support with added B12

\$495 / 4 weeks

Includes: 8 NAD+ syringes (2x per week)

Dose: 100 mg per injection (1 mL twice a week)

Plus: 4 B12 syringes (once weekly)

Also includes: supplies, injection teaching, storage instructions, dose calendar, and follow-up guidance

WHAT'S INCLUDED IN EVERY KIT



Prescription-based sourcing



Individually dosed syringes



Injection teaching



Provider-directed follow-up



Alcohol pads and supplies

HOW THE PLAN WORKS



Medical review
history + medications



Injection teaching
safe self-injection guidance



Home schedule
NAD+ 2x/week • B12 weekly



4-week reassessment
adjust plan as needed

IMPORTANT NOTES

 **Possible side effects:** nausea, flushing, lightheadedness, abdominal discomfort, or injection-site irritation.

 **Call us if:** severe abdominal pain, vomiting, dehydration, allergic reaction, chest pain, leg swelling, or signs of infection occur.

 **Persistent fatigue** should be medically evaluated.

 **Dosing** is individualized per patient and adjusted as directed.

Important: Results vary. These therapies are supportive tools, not guarantees. Some therapies may be compounded and/or prescribed off-label. This handout does not replace medical consultation, consent, or individualized instructions.

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