



User Experience Guide

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General Patient Instructions for NAD Amino 158 (NA 158) Therapy

Welcome to your NAD Amino 158 (NA 158) treatment protocol.

NA 158 has been formulated to maximize visceral fat reduction and enhance metabolic processes to facilitate the conversion of fat into energy. Please adhere to the following guidelines for optimal results:

1. **Baseline Measurement:** It is strongly recommended that you schedule a baseline visceral fat DEXA measurement at one of our facilities. This assessment will provide crucial data to tailor your treatment plan.
2. **Dosage Personalization:** You will receive a dosage based on your individual body fat percentage. This dosage is customized for each patient.
3. **Amino Acid Function:** The amino acids in NA 158 will help regulate your body's natural fat cycling rhythm.
4. **Hunger Management:** Important: If you are not experiencing hunger, do not consume food.
5. **Muscle Preservation:** Rest assured, you will not lose muscle mass; your metabolic system will prioritize fat utilization.
6. **Satiety Response:** It is normal to feel significantly full after meals; this indicates that your body's metabolic state has been "reset."
7. **Protein Intake:** When consuming food, prioritize protein, as the amino acids in NA 158 are more effectively utilized when bound to protein.
8. **Injection Guidelines:** Limit your injections to a maximum of 60 units per week. If you experience increased hunger, consult with us to possibly adjust your dosage, as this may indicate that your metabolic system has reached its capacity.
9. **Gradual Discontinuation:** Do not abruptly stop using the product; a gradual tapering is necessary for your body to recalibrate and maintain metabolic control.
10. **Goal Achievement:** Upon reaching your target, please order the **NA 158 leveler** to facilitate a gradual transition back to baseline.
11. **Ongoing Monitoring:** We recommend conducting a monthly visceral DEXA scan at one of our locations to monitor your progress.

Please feel free to contact us should you require any assistance or support during your journey.

Wishing you success in your treatment.

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