



CONTACT US

If you have any questions about using your L-Glutathione home kit, please feel free to reach out.

We are happy to assist with any queries you may have. You can contact us using the details below:

Address



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Phone Number



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HELP@NADAID.CO.UK

NAD+
AT HOME

L-GLUTATHIONE

**ENSURE YOU OPEN
THESE INSTRUCTIONS
FULLY & READ
CAREFULLY**

INSTRUCTION GUIDE



UNPACKING ①

- 1 Thoroughly wash your hands or use a hand sanitiser. Open your L-Glutathione box. It contains two sets of syringes, alcohol wipes, one L-Glutathione vial, and a sharps container.
- 2 Remove the contents and extract the L-Glutathione vial.



- 3 Allow the chilled L-Glutathione solution to rest for roughly 10 minutes to reach room temperature. Administering the solution while cold may cause discomfort.



PREPARATION ②

- 1 Grasp the raised edges at the centre of the seal and lift upwards to detach the seal from the bottle. Clean the top with an alcohol wipe and let it dry.
- 2 Extract a syringe from the syringe bag. Remove the orange needle protector and the plastic protector on the plunger.



- 3 Pierce the centre of the L-Glutathione vial with the syringe. Invert the vial and draw out 0.50ml of the solution (50 mark on the syringe), keeping the needle submerged to avoid air bubbles.



If bubbles are present, return the solution to the vial and draw it out again.

- 4 Turn the bottle and needle the right way around and remove the filled syringe from the vial.



ADMINISTRATION ③

- 1 Select a subcutaneous injection site (thigh, outer hip, or abdomen). Make sure to rotate sites with each injection, avoiding bruised or scarred areas.
- 2 Sanitise the chosen site with an alcohol wipe.



- 3 To administer, pinch the skin tightly between your finger and thumb with one hand, and with the syringe in your other hand, inject at a 45-degree angle.



- 4 Depress the plunger gently to administer the solution. Count to three to ensure the syringe empties entirely, then withdraw the needle smoothly.

POST-INJECTION CARE ④

- 1 Dispose of the used syringe in the provided sharps container. Store the container securely away from children and pets.
- 2 Return the unused syringes and alcohol wipes to the box and store them in a safe place.
- 3 Store the L-Glutathione vial in the fridge for optimal freshness and efficacy.
- 4 It's completely normal for the injection site to potentially become slightly red, raised, and itchy for about 10 minutes after administration.



TIPS ⑤

L-Glutathione Protocol:

1 × 0.50ml every alternate day or as recommended by your practitioner.

Our L-Glutathione is a powerful antioxidant that can be taken in micro-doses. For optimal detoxification and strong immune support, it can be used either on alternate days or in rapid succession, based on your preference.

If you have any pre-existing health conditions or have never taken L-Glutathione before, please contact us before use.

Email: help@nadaid.co.uk for advice.

Safety Precautions:

- Store your kit securely, out of the reach of children and pets.
- Dispose of the full sharps container at your nearest pharmacy.

QUESTIONS ⑥

Should you have queries or need assistance, please call +44 20 3824 2840 or drop an email to help@nadaid.co.uk.