



Toronto Functional Medicine Centre Publishes Educational Content on NAD IV Therapy in Toronto and Neuroplasticity

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Toronto Functional Medicine Centre has released a new educational blog post examining the emerging research surrounding NAD⁺ intravenous therapy and its potential relationship to neuroplasticity. The publication, titled "NAD⁺ IV Therapy and Neuroplasticity: Exploring the Emerging Research in Toronto," reflects growing interest in molecular approaches to age-related cognitive concerns among individuals navigating hormonal transitions.

Neuroplasticity refers to the brain's ability to adapt, learn, and repair itself over time. The new content explains how NAD⁺ (nicotinamide adenine dinucleotide), a coenzyme involved in converting nutrients into cellular energy, participates in several cellular processes that support these adaptive functions. According to the material, these processes include cellular energy production, the reduction of oxidative stress, the activation of sirtuin proteins, DNA repair mechanisms, and mitochondrial functioning.

The educational post arrives as attention turns toward NAD IV Therapy in Toronto for Menopausal Brain Fog and Burnout, a topic that resonates with many perimenopausal and menopausal women. Research indicates that NAD+ levels naturally decline with age, a change that may coincide with shifts in energy, cognition, and stress resilience during hormonal transitions. Menopausal brain fog is often characterized by difficulty concentrating, memory lapses, and mental fatigue, symptoms that frequently overlap with other menopausal changes.

The blog post outlines several approaches to supporting NAD+ levels, including oral NAD precursor supplements, sublingual tablets, and intravenous NAD+ therapy. Intravenous administration delivers NAD+ directly into the bloodstream, an approach that may support bioavailability. The clinic notes that NAD+ IV therapy may help support cellular energy production and normal brain function, while emphasizing that further human research is needed to understand its effects.

The Toronto Functional Medicine Centre approach positions NAD IV Therapy in Toronto as one element within a broader integrative framework rather than a standalone solution. The clinic combines its intravenous protocols with other functional medicine strategies, including nutritional support, hormone balancing, and lifestyle modifications. Practitioners use assessments to determine appropriate NAD optimization strategies for each individual, an approach intended to avoid over-supplementation while supporting the body's own healing processes.

The educational resource also advises individuals experiencing memory changes to seek assessment from a qualified healthcare professional. The content carries a disclaimer noting that the information is provided for educational purposes only and should not be used to diagnose or address health concerns without appropriate professional guidance. Individuals interested in intravenous vitamin therapy at the clinic first undergo an initial assessment to understand candidacy. The full educational post is available on the clinic's website.

Toronto Functional Medicine Centre operates from its Yorkville location and offers a range of integrative health services, including acupuncture, naturopathic medicine, detoxification protocols, bio-identical hormone treatments, and IV therapy. The clinic's approach rests on three foundational pillars: gut health, brain health, and hormonal balance. Its practitioners work to identify root causes of health concerns while supporting the body's inherent healing processes through functional medicine protocols. The clinic also maintains an IV Lounge where patients may receive restorative infusions and provides ongoing patient education through its blog. Visit their website or contact them on the phone (416) 968-6961 or through email info@tfm.care.

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For more information about Toronto Functional Medicine Centre, contact the company here:[Toronto](#)

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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