



CRYOTHERAPY | WELLNESS

## IV THERAPY

### MYERS COCKTAIL | 179

Vitamin C – B vitamins – B-Complex – B-12-  
Magnesium

The Gold Standard for anything that bothers you!

The original blend created by Dr. Myers' stands the test of time. Named after the famous physician John Myers', this IV is perfect for a wide range of ailments. It is specifically formulated to support the body by increasing the blood concentration of several essential vitamins and minerals.

Conditions that respond well to this treatment are asthma, migraines, chronic fatigue syndrome, fibromyalgia, muscle spasms, upper respiratory tract infections, Parkinson's disease, chronic sinusitis, seasonal allergies, arthritis, and a wide range of autoimmune diseases.

### IMMUNITY BOOST | 149

Vitamin C – B Vitamins – Magnesium – Zinc

Protect the body and speed up recovery from illness. Whether you are recovering from a cold, traveling, chronic fatigue, or a long night out with friends, our recovery IV is just what you need to get back to feeling your best. Vitamin C acts as an immune booster while our B vitamins and Magnesium replenish you and give you the energy to feel like yourself again.

### STRESS RELIEF | 149

B vitamins – Vitamin C – Vitamin B12 – Magnesium

When we are stressed and anxious, our bodies remain in "fight or flight" more often than they should. This can lead to a depletion of nutrients, adrenal fatigue, and feeling "tired but wired." Our Stress Relief IV has the perfect combination of B Vitamins and Vitamin C to combat physical and mental stress while providing you with magnesium to calm and support your nervous system. With a simple IV hydration session, your body gets everything it needs to relax so you can get back to your daily activities without feeling stressed.

### THE SKINNY – MEGA METABOLISM | 189

B Vitamins -Amino Acids -Vitamin B12 – Carnitine – Arginine

Jam-packed with goodness, our Weight Loss IV will be the kick-start you need to a healthier you! Our amino acid blend of Methionine, Inositol, Choline, Carnitine, and Arginine will promote the breakdown of fat, help control your mood and appetite, and decrease body fatigue. Your energy will be boosted with a healthy dose of B vitamins, which will simultaneously help with stress. Vitamin B12 improves your nervous system function while boosting your metabolism. Paired with a healthy diet and exercise, this IV can help you successfully reach your weight loss goals!

### ATHLETIC PERFORMANCE | 149

Amino Acids – Vitamin B12

Whether you are starting your first competition or a veteran athlete, IV therapy isn't limited to pre-competition training. IV treatments can help you rehydrate quickly after your event and kick-start your recovery.

### MEGA GLUTATHIONE | 199

Pure Glutathione

Replenish the body and fortify skin, hair, and nails. It is time to shine! An IV packed with goodness! Glutathione acts as a master antioxidant, which detoxifies your body, promotes cellular repair, and optimizes your health. Depleted levels will leave you with dull skin, acne, mental and physical fatigue, and much more. Glutathione restores your skin's hydration, enhances collagen for tissues, rejuvenates hair & nails, and boosts your energy. It is a must-have for beauty, but even more important for overall health!

### ALLEVIATE [MIGRAINES] | 149

Vitamin C, Magnesium Chloride, B-12

Help reduce inflammation, pain, and discomfort throughout the body. Pain-free is the way to be!

### QUENCH | 99.00

Lactated ringer or saline

Hydrate! Hydrate! Hydrate! General wellness giving your body an all-around refreshed feeling and BOOST!

### OVERINDULGENCE | 129

Vitamin C – B-Complex, Magnesium Chloride

Long time out or physical exhaustion, this is just what you need to get back in the game. The overindulgence gets you there!

### NAD+ | 250 | 500

Nicotinamide Adenine Dinucleotide

The "MIRACLE" molecule that has anti-aging and neurogenerative effects while also decreasing inflammation and pain throughout the body.

BUNDLE OF 5 NAD+ | 15% OFF

BUNDLE OF 3 NAD+ | 10% OFF



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## IV THERAPY ADD-ONS

### GLUTATHIONE | 65

Nutrient-poor diets, excessive stress, too little (or too much) exercise, chronic illness, medications, and more can drain our body's Glutathione reserve. Glutathione acts as the master detoxifier of the body and is a super antioxidant for our system.

### VITAMIN C | 35

Vitamin C is one of the most potent antioxidants known to man. It is needed daily and not stored in the human body. Vitamin C facilitates the growth/repair of blood vessels, teeth, bones, ligaments, and tendons. Vitamin C also plays a huge role in healing and immune function. Increased amounts of vitamin C help during stress, pregnancy, and cold and flu season. Vitamin C can also help with inflammation in the body, fighting off infections, fatigue, depression, and overactive thyroid issues.

### ZINC | 35

Zinc is an essential component of over 100 enzymes many of which are involved with energy production. Zinc is important for the tissues that line cavities and surfaces of blood vessels and organs. Zinc is key for the healing of injuries, production of testosterone, hair growth, insulin production, immunity, sense of smell and taste, fertility and can help with eczema, acne, and dry skin conditions.

### B12 | 30

Vitamin B12 deficiency is believed to be one of the most common nutrient deficiencies in the world. B12 is an essential vitamin that's crucial for many vital metabolic and hormonal functions – including the production of digestive enzymes and carrying important nutrients into and out of cells. Benefits of B12 injections include improved mood, protection against cognitive decline, increased energy, and a boost in metabolism.

### M.I.C (METHIONINE, INOSITOL, CHOLINE) | 30

M.I.C is a fat-burning, liver-supporting, energy-producing amino acid combination that can be used to facilitate weight loss or for general health. Methionine, an essential amino acid, helps the liver break down fats, lowers cholesterol, relieves fatigue, and helps allergies by lowering histamine release. Inositol is a B vitamin that helps the breakdown of fats, lowers cholesterol, and helps control mood and appetite. Choline is an essential nutrient that helps the liver break down fats and excrete toxins. MIC combination is essential to assist with energy production and weight loss.

### CARNITINE | 30

L- Carnitine's primary role is to transport fat molecules into your cells to be processed or "burned" by your mitochondria for energy. Carnitine helps increase muscle mass, decrease fat mass, and promote an overall lean physique. Studies suggest carnitine can also help prevent age-related fatigue as well as improve physical and mental fatigue in all ages.

### ARGININE | 30

Arginine is most known for its effectiveness to target belly fat and get rid of it. Arginine has been shown to increase the ability to exercise and improve symptoms such as shortness of breath and tiredness because of its ability to improve circulation. L-Arginine also stimulates the release of growth hormones, insulin, and other substances in the body.

### MAGNESIUM CHLORIDE | 30

Magnesium Chloride, or Magnesium, is a mineral that is important in maintaining the function of our nerves, cells, bones, and heart. Conditions, such as osteoporosis, high blood pressure, arteriosclerosis, diabetes, and stroke, have been linked to low blood levels of Magnesium.

### LYSINE | 30

Lysine is an amino acid that can be used in the treatment of cold sores due to herpes simplex. Some research shows it may be effective for osteoporosis, diabetes, stress, and for athletic performance.

### B COMPLEX | 30

B Complex is essential for a wide variety of functions in the human body, its deficiency can also lead to several disorders including chronic neurological ones. B Complex deficiency is normally caused due to four possible reasons; high consumption of processed and refined food, with lack of dairy and meat-based food in the diet, excessive consumption of alcohol, impaired absorption from the gastrointestinal tract, or impaired storage and use by the liver.

### GLUTAMINE | 30

Glutamine is classified as an amino acid. The main purpose of amino acids is to serve as building blocks for proteins. In human blood, Glutamine is the most abundant free amino acid. The body can usually synthesize enough of it, but in some instances of stress, the body's demand for Glutamine increases. Glutamine may help gut health/function, the immune system, and other essential processes in the body.

# **How it Works- IV Therapy**

*Intravenous (IV) Therapy is an optimal method of delivering vitamins, minerals, amino acids, and other essential micro nutrients directly into the blood stream. This allows for access and utilization of the bodies cellular system by delivering nutrients directly to the tissues and cells where there are needed the most. IV therapy can improve or alleviate almost any health condition or complaint because we are simply giving the body what it needs to function properly--your body's natural ability to heal itself does the rest.*

Administering vitamins and nutrients intravenously gives us the ability to bypass the digestive system and eliminated the chance of inhabitation of absorption of nutrients taken in orally. Being able to place micronutrients where they need to be, when they need to be there is an extremely effective way to treat medical conditions and improve overall health.

Some of the general benefits that patients experience include:

- (1) increased energy
- (2) an overall sense of well-being
- (3) improved sports performance
- (4) enhanced immune support
- (5) improved healing and recovery from sports wear and tear, cosmetic procedures, and surgery
- (6) Stress relief

Some specific conditions that can be treated with IV therapy include:

- Acute muscle spasm
- Advanced age
- Alzheimer's disease / Parkinson's disease
- Angina / Peripheral vascular disease
- Athletic support/Hydration
- Bariatric surgeries/Malabsorption/Malnutrition
- Cancer/Compromised immune system
- Cardiovascular disease
- Chronic fatigue syndrome/Chronic depression
- Chronic obstructive pulmonary disease/Asthma
- Compromised liver function
- Fibromyalgia/Chronic pain
- Hyperthyroidism
- Irritable bowel syndrome (IBS)/Crohn's disease
- Migraines
- Peripheral neuropathy

Frequency of IV Therapy:

1 per week for 1 month initially to raise levels of nutrients to normal

1 per month after initial course of 4 treatments for 4-6 months after

After 4-6 months of IV therapy listen to your body and come as needed

## **FAQ**

### **Who can be treated with IV Vitamin Therapy?**

IV therapy can be used to treat a variety of conditions. Before starting any treatment, each patient will be evaluated by our physicians who will determine if this treatment is right for your needs. All the treatments are performed under medical supervision and they are individually planned fit each patient's need.

### **What are the benefits of IV Vitamin Therapy?**

Patients that receive IV Vitamin Therapy experience an increase in energy levels, they usually perform better in their daily activities and feel more energized throughout the day. It improves the performance of cells and boosts the immune system making you less prone to infection.

### **Does the IV Vitamin Therapy have side effects?**

When used at an appropriate dose and range of infusion, there is a low occurrence of side effects. Some patients may experience a light burning sensation on the iv site at the initial moment of the infusion. Rare side effects include fever and headache.

### **What patients can't receive IV Vitamin Therapy?**

Patients with allergies to any of the components or patients with moderate to severe kidney disease are not candidates for this treatment. Expectant mothers are also in the few patients where IV Vitamin Therapy is contraindicated.

### **What diseases or conditions can be treated with IV Vitamin Therapy?**

There is a wide range of conditions that can be treated with IV Vitamin Therapy including: muscle spasms, fibromyalgia, fatigue, skin and respiratory allergies, coronary disease, migraines, depression, narcotic withdrawals, hyperthyroidism, malabsorption syndromes, post gastric by pass patients, post op patients.

### **What if I am healthy, can I still use IV Vitamin Therapy?**

Yes, prevention is the key. IV Vitamin Therapy will aid in maintaining a healthy and balanced. Most of us are exposed daily to numerous toxins, so iv therapy will help us keep our circulatory system clean, which in turn will prevent many common conditions like arteriosclerosis, joint disease and some cancers. By doing this, we are helping the body get rid off substances that would normally not know how to "digest" or "break down"

### **What is the difference between IV Vitamin Therapy and oral vitamins?**

Only 5%-15% of the oral vitamins are absorbed when taken by mouth. Not only the absorption is very low because of the acids in our stomach, but also the high doses of vitamin can cause irritation and sensitivity. Even when we increase the doses given orally, there is a threshold that is dictated by the absorption capacity of the stomach.

### **How is this treatment provided?**

After your initial consultation, the treatment is done at our office in a very easy and safe manner. The nutrients are infused intravenously by a nurse under the doctor's supervision. The treatment can last from 15 minutes to 1 hour, depending on the amount of nutrients needed. You will be in a comfortable reclining chair while you can listen to

music, watch a movie, read a book or just close your eyes and relax. The treatment generally involves no discomfort and you can resume your activities immediately

## MYERS' COCKTAIL

- Specifically formulated to support the body by increasing blood concentration of several essential vitamins and minerals
- Helps fatigue (B-12)
- Helps with seasonal allergies (Vitamin C and Magnesium)
- Helps with recovery (B Complex)

## IMMUNITY BOOST

- Speeds up recovery form illness
- Aids in strengthening the immune system (preventive)
- Vitamin C acts as an immune booster
- B vitamins and magnesium replenish you and give you energy

## STRESS RELIEF

- Helps with physical and mental stress (Magnesium and B-12)
- Helps calm and support your nervous system (Magnesium, Vitamin C, B Vitamins)

## MEGA METABOLISM

- Boost metabolism (M.I.C)
- Boost energy (B-12, B Complex)
- Decreases body fatigue (B-12)
- Helps muscle recovery and muscle building properties (Carnitine and Arginine)

## ATHLETIC PERFORMANCE

- Rehydration
- Helps with muscle recovery (Arginine)
- Boost energy (B-12)

## MEGA GLUTATHIONE

- Helps replenish body and fortify skin, hair, and nails
- Detoxification
- Boost your energy
- Mental clarity

## ALLEVIATE

- Helps reduce inflammation, pain, and discomfort (Magnesium)

## QUENCH

- Lactated ringer or saline
- Hydrate

## OVERINDULGENCE

- Can help w physical exhaustion

## NAD+

- Maximize brain function
- Beat fatigue
- Cell regeneration
- Slow aging