

## B12



Vitamin B12 is vital for our body's energy production, nerve health, and red blood cell formation. It helps in maintaining a healthy nervous system and supports DNA synthesis for cell repair. B12 is found in foods like meat, fish, and dairy, and it's crucial for strong immunity and overall well-being. For those who need more, supplements can provide the necessary B12 to prevent deficiencies and maintain optimal health.

## Lipo-MIC-B12



Lipo MIC B12 combines methylcobalamin with lipotropic nutrients like methionine, inositol, and choline, enhancing its effectiveness. These nutrients support fat metabolism, liver health, and energy production. Methionine helps break down fats and aids in detoxification, while inositol supports nerve function and mood stability. Choline supports brain health and metabolism. Lipo MIC B12 is beneficial for boosting energy levels, promoting weight loss by aiding fat breakdown, and supporting overall liver and nervous system health.

## Methyl-B12



Methylcobalamin is a form of vitamin B12 that our body can readily use. It supports nerve health by helping to maintain the myelin sheath that covers nerves. This vitamin is crucial for energy production and can help reduce feelings of tiredness and fatigue. Methylcobalamin also supports brain function and may improve memory and concentration. It is often preferred over other forms of B12 for its superior absorption and effectiveness in supporting overall health and well-being.

## Methyl-MIC-B12



Methyl MIC B12 combines methylcobalamin with methionine, inositol, and choline to enhance its benefits. This blend supports energy production, nerve health, and metabolism. Methionine helps with detoxification and supports liver function, while inositol aids in mood regulation and nerve signaling. Choline is essential for brain health and metabolism. Together, these nutrients promote overall well-being, including improved energy levels, mental clarity, and nervous system function. Methyl MIC B12 is beneficial for those seeking comprehensive support for their energy, metabolism, and nerve health needs.

## B-Complex



B-complex vitamins are a group of nutrients that work together to support our body's metabolism, energy production, and overall well-being. They help convert food into energy and play a key role in maintaining healthy skin, hair, and eyes. B-complex vitamins also support our nervous system, aiding in stress management and mood regulation. They are found in a variety of foods like whole grains, leafy greens, and nuts, or can be taken as supplements to ensure we get enough for optimal health.



**CLEVELAND IV HYDRATION**  
IV VITAMIN INFUSIONS AND WELLNESS CENTER

## Supplement Information

All supplements are available as an  
IV Drip add on or IM Injection

## Biotin (B7)



Biotin, also known as vitamin B7, is essential for healthy hair, skin, and nails. It supports the metabolism of fats, carbohydrates, and proteins, helping convert food into energy. Biotin also plays a role in maintaining healthy nervous system function and may improve glucose metabolism. Found in foods like eggs, nuts, and whole grains, biotin is important for maintaining strong hair and nails, promoting radiant skin, and overall energy production and well-being when taken as a supplement.

## Calcium Gluconate



Calcium gluconate is a supplement that provides calcium, an essential mineral for strong bones and teeth. It helps maintain bone density and strength, reducing the risk of fractures and osteoporosis. Calcium also supports muscle function, including the heart muscles, and helps nerves transmit signals effectively. Additionally, it plays a role in blood clotting and regulating hormone secretion. Calcium gluconate is easily absorbed by the body and is often used to treat calcium deficiencies or as a supplement for overall bone and muscle health.

## Glutathione



Glutathione is a powerful antioxidant naturally produced in the body. It helps neutralize free radicals, protecting cells from damage and supporting immune function. Glutathione also plays a key role in detoxification by helping to remove harmful substances like pollutants and drugs from the body. It supports liver health and helps maintain skin brightness and elasticity. While found in foods like fruits, vegetables, and meat, supplementing with glutathione may enhance its antioxidant benefits, supporting overall health and well-being.

## Glycine



Clozapine

Glycine is an amino acid that serves many important roles in the body. It supports the central nervous system by promoting a calm mood and improving sleep quality. Glycine also aids in muscle growth and repair, helps maintain healthy digestion, and supports joint health by promoting collagen production. Additionally, it plays a role in regulating blood sugar levels and may enhance cognitive function. Glycine is found in protein-rich foods like meat, fish, and dairy, and can also be taken as a supplement for its various health benefits.

## Magnesium Chloride



Magnesium chloride is a mineral supplement that supports several vital functions in the body. It helps regulate muscle and nerve function, keeping them working properly. Magnesium chloride also plays a role in maintaining a steady heartbeat and supporting immune system function. It's important for bone health, helping to maintain strong bones and teeth. Found in foods like nuts, seeds, and leafy greens, magnesium chloride supplements can ensure adequate intake, promoting overall health and well-being.

## Taurine



Pregnant

Taurine is an amino acid that supports various functions in the body, including heart health and muscle function. It helps regulate water and mineral balance, which is crucial for maintaining proper hydration and electrolyte levels. Taurine also plays a role in bile salt formation, aiding digestion and nutrient absorption. Found in foods like meat and seafood, as well as in energy drinks, taurine is important for overall cardiovascular health, muscle performance, and maintaining hydration and digestion processes.

## Vitamin C



Vitamin C is an essential nutrient that supports our immune system, helping us fight off infections and heal wounds faster. It's also a powerful antioxidant that protects cells from damage caused by free radicals, which can contribute to aging and diseases like cancer. Vitamin C promotes healthy skin by aiding collagen production, which keeps skin firm and smooth. Found in citrus fruits, strawberries, and vegetables like bell peppers, Vitamin C is vital for overall health and well-being.

## Vitamin D3



Vitamin D3 is crucial for strong bones and teeth because it helps the body absorb calcium from food. It supports immune function, helping to defend against infections and diseases. Vitamin D3 also plays a role in regulating mood and reducing the risk of depression. Sunlight is a natural source, and it can also be found in fortified foods like milk and cereals, or taken as a supplement to ensure adequate levels. Maintaining sufficient Vitamin D3 levels is essential for overall health and well-being.

## Zinc



Zinc is an essential mineral that supports our immune system, helping us fight off illnesses and infections. It plays a role in cell division, wound healing, and the breakdown of carbohydrates. Zinc is also important for maintaining our senses of taste and smell. Found in foods like meat, shellfish, nuts, and whole grains, zinc deficiency can lead to weakened immunity and impaired wound healing. Taking zinc supplements can help ensure we meet our daily needs for optimal health and well-being.

**Please report any chance of pregnancy or Breastfeeding to ensure all supplement are safe for Mom and Baby.**

**Toradol (Ketorolac)(NSAID) Pain and Inflammation Relief**  
**Zofran (Ondanastron)(Antiemetic)Prevents Nausea/Vomiting**



**BABY**



**NOT**



**USE CAUTION**