

# **BENEFITS**

- Boosts Immune System: Vitamin D plays a crucial role in strengthening your immune system, helping you fight off infections and reducing the risk of chronic illnesses.
- **Supports Bone Health:** Essential for calcium absorption, Vitamin D ensures strong and healthy bones, reducing the risk of osteoporosis and fractures.
- Enhances Mood and Mental Health: Adequate levels of Vitamin D are linked to improved mood and mental well-being, potentially reducing the risk of depression and anxiety.
- Aids in Weight Management: Some studies suggest that Vitamin D may help in maintaining a healthy weight and reducing body fat.
- **Promotes Heart Health:** Vitamin D contributes to heart health by regulating blood pressure and reducing the risk of cardiovascular diseases.
- Improves Muscle Function: Essential for muscle strength, Vitamin D helps in reducing the risk of falls and improving overall physical performance.
- **Supports Respiratory Health:** Vitamin D has been shown to reduce the risk of respiratory infections and may improve lung function.

# SIGNS AND SYMPTOMS OF VITAMIN D DEFICIENCY

- Fatigue and tiredness
- Bone and back pain
- Depression
- Bone loss

- Impaired wound healing
- Hair loss
- Muscle pain
- Frequent infections or illnesses





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### **SUNNY D VITAMIN D3 SHOT**

## **SCIENCE**

- Vitamin D, also known as the "sunshine vitamin," is essential for overall health and wellbeing. It is a fat-soluble vitamin that your body can produce when exposed to sunlight. Here's how it works through various body systems:
  - **Skin and Production:** When your skin is exposed to UVB rays from the sun, it converts cholesterol into Vitamin D3 (cholecalciferol). This form is then transported to the liver.
  - Liver and Conversion: In the liver, Vitamin D3 is converted into 25-hydroxyvitamin D
     (calcidiol), the main circulating form of Vitamin D. Blood levels of calcidiol are measured
     to assess Vitamin D status.
  - Kidneys and Activation: The kidneys convert calcidiol into its active form, 1,25dihydroxyvitamin D (calcitriol). Calcitriol is then released into the bloodstream to perform various functions.
  - Calcium and Phosphorus Regulation: Vitamin D helps regulate calcium and phosphorus
     levels in the blood, promoting healthy bone formation and remodeling.
  - Immune System: Vitamin D receptors are present on immune cells. Active Vitamin D
    enhances pathogen-fighting effects of monocytes and macrophages and decreases
    inflammation.
  - Muscle Function: Vitamin D aids in muscle contraction and function, reducing the risk of falls and improving overall physical performance.
  - Heart Health: Vitamin D helps regulate blood pressure and supports cardiovascular health by reducing inflammation and oxidative stress.
  - Mood and Mental Health: Vitamin D interacts with neurotransmitters in the brain, influencing mood and mental health. It helps in the production of serotonin, the "feelgood" hormone.
  - Respiratory Health: Vitamin D supports lung function and reduces the risk of respiratory infections by modulating the immune response.

## SIGNS AND SYMPTOMS OF VITAMIN D TOXICITY

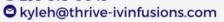
- Nausea and vomiting
- Weakness
- Loss of appetite
- High blood pressure
- Frequent urination

- Bone pain
- Kidney problems, such as the formation of calcium stones
- Hypercalcemia (high levels of calcium in the blood)



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## **PATIENT ATTESTATION - SUNNY D VITAMIN D3 SHOT**

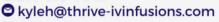
Address: City:	 State: Zip: _	_ Date of Birth:// Phone Number:
	80 days of my initial ir	nsent to receive Vitamin D3 injections based njection. I also attest that I will not take any
This includes D2, D3, cholecal	ciferol, calciferol.	
education of Vitamin D3 prior t	benefits/risk of Vitan to treatment. I also ag ve no further question	nin D and have been provided with written gree that I have had the opportunity to Inquirens at the time of the below signature.
Patient Full Name	• • •	Date
Patient Signature		Thrive IV Infusions Representative Initials



plan.

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#### THRIVE IV INFUSIONS - SUNNY D VITAMIN D3 LAB ORDER FORM

Thrive IV Infusions is dedicated to enhancing the health and well-being of our clients through comprehensive IV hydration and vitamin therapy services. Your patient has expressed an interest in receiving Vitamin D3 injections. To ensure safe and effective treatment, we require recent lab work to assess their Vitamin D levels.

Patient Information				
Patient Full Name:	Date of Birth:/			
Address:				
			Phone Number:	
Email:				
Insurance Information				
Insurance Provider:				
Insurance Policy Number:				
Insurance Group Number:				
Lab Order Details				
	evel ICD-10 Cod	e: F55.9 - Vitan	nin D deficiency, unspecified	
7.td 2 (20 : 1,7 d 3,7,7 20		0.200.0		
Skilled Nursing Order:				
		_	andard procedures initially and then ieved.	
			properly labeled and stored for	
	nplete all neces	sarv document	ation for the lab draw and patient	
records	• •	•		
Provider Information				
Provider Name:			NPI:	
Address:		•		
			Phone Number:	
			ax Number:	
		•	•	
I certify that this patient is ur	nder my care, a	nd I have autho	orized the lab draw services, Lab	

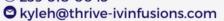
Order, and Skilled Nursing Order to be performed by a Registered Nurse of Thrive IV Infusions, LLC. The results will be used, and another physician will review initially and periodically this

Provider Signature: \_\_\_\_\_\_ Date: \_\_\_\_\_





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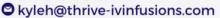
# **THRIVE IV INFUSIONS - MEDICATION LOG**

Medication/Dose	Frequency



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### **SUNNY D VITAMIN D3 SHOT**

## **WHAT'S NEXT?**

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- Obtain an order from the MD for Vitamin D3 levels to be drawn by a Thrive IV Infusions nurse.
- Date:\_\_\_/\_\_/\_\_\_/

#### Schedule Intake Visit:

- Intake Visit: \$110 (\$25 deposit)
- Date:\_\_\_/\_\_/\_\_\_

#### Schedule MD Consult Up Visit:

- MD Consult Visit (7 days later)
- Date:\_\_\_\_/\_\_\_/\_\_\_\_

#### Determine Plan of Care:

Develop a personalized plan of care based on lab results and MD consultation.

### Schedule Follow-Up Visit:

- Date:\_\_\_/\_\_/\_\_\_/
- Date:\_\_\_/\_\_/\_\_\_/
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  - Date:\_\_\_/\_\_/\_\_\_/
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#### Schedule Post-Program Labs:

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0	Date:			

### **BOOST YOUR HEALTH AND WELL-BEING WITH OPTIMAL VITAMIN D LEVELS**



Ready to take the next step in improving your health? Schedule your intake visit today to get started on your journey to optimal Vitamin D levels and better overall well-being. Contact us at Thrive IV Infusions to book your appointment and receive personalized care from our dedicated team.