

IV THERAPY

Hub City Family is expanding its IV services menu and will now offer them to the public.

We have provided IV therapy to our patients for almost 10 years with a substantial increase in requests for additional services.

What does IV therapy do exactly? It delivers hydration, electrolytes, vitamins, minerals, and amino acids directly into the blood stream. With this efficient nutrient delivery system, the digestive tract is bypassed. The digestive tract may not absorb all the nutrients from the food you eat or from oral supplements which makes IV therapy a great option. IV therapy administration provides rapid onset of action and nearly 100% absorption and 100% bioavailability of the infused product.

IV infusion therapy can be customized to your unique needs. This may include cold and flu recovery, cognitive functioning and longevity support, pain and inflammation relief, athletic recovery and performance, gut health and digestion, or overall wellness. Whether you are rehydrating, recovering, or revitalizing, our IV infusions are here to support your wellness journey. Schedule your appointment today and experience the benefits of IV therapy.

IV Therapies

Bloom

Length of time: **30-45 min** Frequency: **Monthly** as needed Price: **\$145**

The Bloom IV Drip is an infusion that combines a **Vita Complex** with **Biotin & Ascorbic Acid** (Vitamin C) to target & enhance your natural beauty. This potent blend is designed to provide your body with essential nutrients, promoting a radiant complexion, lustrous hair, & strong nails.

Nourishes and revitalizes skin: Provides essential nutrients to enhance skin health & can give you a radiant, youthful glow.

Strengthens hair and nails: Promotes hair growth & nail strength, resulting in lustrous locks and resilient nails.

Supports collagen production: Ascorbic Acid (Vitamin C) aids in collagen synthesis, improving skin elasticity and reducing the appearance of wrinkles.

Antioxidant protection: Combats free radicals and oxidative stress, which can contribute to premature aging.

Boosts overall well-being: Supplies your body with vital nutrients to support overall health and wellness.

**Pairs well with: Glutathione (additional cost)*

Resilient

Length of time: **30-45 min** Frequency: **Monthly** as needed Price: **\$125**

This Immune Booster IV Drip is a powerful infusion designed to strengthen your immune system by delivering a combination of **Vita Complex, Ascorbic Acid (Vitamin C), and Zinc** directly into your bloodstream. This innovative treatment ensures maximum absorption of these essential nutrients, providing your body with the support it needs to ward off infections and maintain overall wellness.

Strengthens immune system: Provides essential nutrients that support and enhance your body's immune response.

Increases resistance to infections: Fortifies your body against viruses, bacteria, and other pathogens, helping to prevent illnesses.

Promotes faster recovery: Aids in the healing process after a recent illness or infection.

Antioxidant protection: Combats free radicals and oxidative stress, which can weaken the immune system and contribute to chronic diseases.

Supports overall wellness: Supplies your body with vital nutrients to maintain optimal health.

**Pairs well with: Glutathione, NAC, more Vitamin C, or Selenium (additional cost)*

IV Fluid Rehydration

Length of time: **30-60 min** Frequency: **Monthly** as needed Price: **\$79/\$89**

An IV hydration drip is a drink of water delivered directly into your bloodstream via an IV infusion full of saline solution, vitamins, electrolytes, and minerals. An added bonus of IV vitamin therapy is the ability to customize your hydration to your needs. We can include extra vitamins as add-ons (additional cost) to your hydration therapy.

Available in 500ml or 1 liter treatments.

**Pairs well with: Zofran, Toradol (additional cost)*



Migraine Mitigator

Length of time: **30-60 min** Frequency: as needed Price: **\$165**

IV infusion therapy for migraines typically involves administering a combination of fluids, electrolytes, and medications through an IV line. The specific cocktail of medications used can vary but often includes:

Magnesium: This essential mineral has been linked to migraine relief due to its role in regulating nerve function and blood vessel constriction.

Vitamins and Minerals: Certain vitamins and minerals, such as **vitamin B complex** and Co-Enzyme Q10 (IM), might help support overall neurological health and reduce migraine frequency.

Anti-Inflammatory Medications: Medications like anti-inflammatory drugs or corticosteroids might be included to target the inflammation associated with migraines.

Rapid Relief: IV therapy delivers medications directly into the bloodstream, leading to quicker symptom relief compared to oral medications that need to be metabolized.

Enhanced Absorption: In cases of severe migraines, nausea and vomiting can hinder oral medication absorption. IV therapy bypasses the digestive system, ensuring the medication reaches the bloodstream effectively.

Hydration: Dehydration can trigger or worsen migraines. IV therapy provides a fast and effective way to rehydrate the body, potentially alleviating migraine symptoms.

Customized Treatment: IV therapy can be tailored to the individual's needs, allowing healthcare professionals to create a personalized treatment plan.

Treatment includes Toradol 15-30mg IV and Zofran 4mg IV

**Pairs well with: Co-Enzyme Q10 (IM injection), Decadron 4mg (additional cost)*

Myers Cocktail

Length of time: **30-60 min** Frequency: **Monthly** as needed Price: **\$145**

Myers cocktail therapy includes a various blend of vitamins and minerals such as **magnesium, calcium, B vitamins, & vitamin C**. This therapy has been around since the 1970's and was designed to provide various health benefits including: energy boost, immune support, & relief from conditions like asthma, migraines, chronic fatigue syndrome, & fibromyalgia.

**Pairs well with: Glutathione, NAC, more Vitamin C, or methylated B12 (additional cost)*

Reset

Length of time: **30-60 min** Frequency: **Monthly** as needed Price: **\$150**

This unique blend offers a synergistic effect, addressing a wide range of health concerns and enhancing overall well-being.

In the Reset IV Drip, the **Vita Complex and Mineral Blend** provides your body with vital nutrients, including **vitamins and electrolytes**, necessary for optimal functioning. This blend helps combat fatigue, boosts energy levels, supports the immune system, and promotes rapid rehydration.

Ondansetron (Zofran), a potent anti-nausea medication, is added to the mixture to effectively reduce nausea and vomiting. This component is particularly beneficial for those experiencing discomfort due to illness or other factors causing nausea. **Toradol (ketorolac)** - Toradol is a non-steroidal anti-inflammatory drug (NSAID) that may help relieve mild to persistent discomfort, headaches and migraines. It's a great medication for renal colic/kidney stones.



The Reset IV Drip offers a multitude of benefits to improve your overall health and well-being:

Boosts energy levels: Provides essential nutrients to combat fatigue and increase energy.

Enhances immune function: Strengthens the immune system, helping to fight off infections and maintain overall health.

Alleviates nausea and vomiting: Ondansetron effectively reduces nausea and vomiting, offering relief from these discomforting symptoms.

Rapid rehydration: Replenishes essential fluids and electrolytes lost due to sweat, illness, or other dehydrating factors.

Promotes stress relief: Supports the body's ability to cope with physical and emotional stress, promoting a sense of well-being and relaxation.

Combats jet lag: Rehydrates and replenishes nutrients to help you overcome the negative effects of long-distance travel and time zone changes.

Treatment includes Toradol 15-30mg IV and Zofran 4mg IV

**Pairs well with: Glutathione, Pepcid (additional cost)*

Recovery & Performance

Length of time: **30-60 min** Frequency: 1-2/month Price: **\$145**

Unlock your full potential with the Recovery and Performance IV Drip, a specially formulated **blend of vitamins, minerals, ascorbic acid, and amino acids** designed to enhance your athletic performance and support post-workout recovery. Ideal for athletes and fitness enthusiasts alike, this powerful infusion delivers the nutrients your body needs to perform at its best and bounce back faster after intense physical activity.

Ascorbic acid (vitamin C) and amino acids work synergistically in the Recovery and Performance IV Drip to provide comprehensive support for athletic performance and recovery. Their combined benefits offer a potent formula that addresses multiple aspects of physical health, ensuring optimal results for individuals engaged in sports or fitness activities.

The ascorbic acid (vitamin C), a powerful antioxidant, protects the body from oxidative stress caused by intense workouts, supports collagen synthesis for healthy connective tissues, and bolsters the immune system. Its anti-inflammatory properties help alleviate muscle soreness and inflammation after strenuous exercise.

On the other hand, amino acids are essential for muscle repair, growth, and maintenance. They contribute to protein synthesis, energy production, and various other physiological processes, such as immune function and neurotransmitter balance.

Accelerated muscle repair and growth: The amino acid blend in the IV drip promotes protein synthesis, supporting muscle repair and growth after strenuous workouts.

Increased endurance and stamina: The infusion of vitamins and minerals helps enhance your energy levels, allowing you to perform better and for longer periods.

Reduced inflammation and muscle soreness: Ascorbic acid and other nutrients in the IV drip work to reduce inflammation, easing muscle soreness and promoting faster recovery.

Strengthened immune function: This IV therapy boosts your immune system, helping your body fight off infections and maintain overall health.

Enhanced hydration: The IV drip replenishes essential fluids and electrolytes, ensuring optimal hydration during and after intense physical activity.

**Pairs well with: Glutathione, NAC, methylated B12, more Vitamin C, NAD+ (SQ injection) (additional cost)*



Alleviate

Length of time: **30-60 min** Frequency: **Monthly** as needed Price: **\$115**

The Alleviate IV Drip is designed to target and alleviate various types of pain and inflammation. By infusing your body with a carefully formulated blend of nutrients and vitamins, this IV therapy promotes healing, reduces discomfort, and restores balance. This intravenous delivery ensures rapid absorption and maximum bioavailability, allowing you to experience relief quickly and effectively.

The Alleviate IV Drip contains a blend of powerful ingredients: **calcium chloride, magnesium chloride, Vita Complex, & hydroxocobalamin (B-12)**, each of which, play a crucial role in reducing pain and inflammation while promoting overall health.

Treatment includes Toradol 15-30mg IV

**Pairs well with: Zofran, more Magnesium (additional cost)*

Brainstorm

Length of time: **30-60 min** Frequency: as needed Price: **\$115**

Do you often experience brain fog, struggle with focus, or wish to enhance your cognitive performance? Introducing the Brainstorm IV Drip, a cutting-edge IV therapy formulated with a potent blend of **vitamin B6, L-Taurine, and Alpha-Lipoic Acid**. This powerful combination supports brain health, improves mental clarity, and boosts cognitive function to help you unlock your full potential.

**Pairs well with: Glutathione, NAC, NAD+ (SQ injection), Co Enzyme Q10 (IM injection) (additional cost)*

Detox

Length of time: **45-60 min** Frequency: Weekly as needed Price: **\$125**

Alpha-lipoic acid (ALA) is a naturally occurring compound that plays a crucial role in cellular energy production. As a potent antioxidant, ALA helps protect cells from oxidative stress, neutralizes free radicals, and regenerates other essential antioxidants like vitamins C and E. Our bodies produce ALA in small amounts, but it can also be obtained from dietary sources such as spinach, broccoli, and organ meats, or through supplements and infusions for therapeutic purposes. ALA is vital for several key functions within the body:

Energy Production: ALA is integral to the mitochondrial energy metabolism process. It helps convert glucose into energy, which is essential for all cellular activities.

Antioxidant Defense: ALA is both fat and water-soluble, allowing it to work in every part of the cell. Its unique ability to regenerate other antioxidants ensures prolonged protection against cellular damage.

Heavy Metal Chelation: ALA can bind to toxic metals, such as mercury, arsenic, and cadmium, facilitating their removal from the body and reducing their harmful effects on cellular function.

Anti-Inflammatory Properties: By reducing inflammation at the cellular level, ALA supports overall health and helps prevent chronic diseases.

Blood Sugar Regulation: ALA enhances insulin sensitivity, making it beneficial for managing diabetes and metabolic syndrome.

ALA is good for “cold sores too,” primarily due to its antioxidant & immune boosting properties.

Glutathione included up to 1,400mg (based on your body’s tolerance)

**Pairs well with: NAC, Co-Enzyme Q10 (IM injection), Vitamin C (additional cost)*



EDTA Chelation Length of time: 1-2 hrs Frequency: 1/week x 10-12 weeks, then bi-monthly Price: \$150

Requires a Consultation

Labs required: recent CBC, CMP, PTT/INR (if on warfarin/Coumadin/Jantoven), Heavy Metal Urine Pre & Post tx

Chelation involves the intravenous administration of a powerful antioxidant called ethylenediaminetetraacetic acid (EDTA). EDTA enters the bloodstream and latches onto heavy metals such as lead, iron, and cadmium that can cause free radical damage to the arteries. By binding to these heavy metals and carrying them out of the body through the urine, EDTA reduces the body's toxic metal burden and helps slow the process of atherosclerosis.

EDTA also removes excess calcium from artery walls, making them more responsive and better able to dilate. Since calcification of the arteries is a major factor in atherosclerosis, this is yet another way in which chelation restores the integrity of arteries and enhances blood flow. As an added benefit, EDTA chelation has blood-thinning effects and discourages the formation of potentially dangerous blood clots that can cause a heart attack or stroke.

The objective of detoxification is to remove toxic metals from the body and restore proper functioning of the autonomic nervous system and the organs affected by it. Detoxification is done in phases over time to protect the body and allow rest and healing. A multi-strategy approach is used depending on the patient's needs and desires which may include: IV therapy, oral chelation, rest, & nutritional supplementation to name a few.

Nourishment to the body is provided through high-grade nutritional supplements, herbs, I.V. therapy, therapeutic massage or bodywork all working to calm the body while the detox is slowly taking place.

**Pairs well with: Glutathione, NAC, Alpha Lipoic Acid, Co Enzyme Q10 (IM injection), more Vitamin C (additional cost)*

Kidney Stone Cocktail

Length of time: 45-60 min Frequency: as needed Price: \$145

This therapy is for those people who have had kidney stones before. "It acts like a duck, sounds like a duck, & more importantly feels like a duck" – then it's a kidney stone. Two liters of 0.9% NSS will help flush the kidneys, ureters, and bladder to move that stone to the outside world. Zofran 4mg IV & Toradol 15-30mg IV are included.

Methylene Blue Length of time: 45min – 90 min Frequency: 1/week x 8-12 weeks, then Monthly Price: Varies

Requires a Consultation

Labs required: recent CBC & CMP, G6PD, A1c in diabetics

There are many health and wellness benefits from the use of methylene blue (MB) therapy. Low-dose MB can help protect the brain from diseases by donating electrons to mitochondria which increases Adenosine Triphosphate (ATP) production. Our bodies need ATP for energy, without it our physical and mental health will decline. MB therapy can help stimulate glucose metabolism as well as help NAD+ production by mitochondria and help improve mitochondrial respiration. MB has quite a history. It has been used to treat malaria, MRSA, Hepatitis C, HIV, methemoglobinemia, and candida fungal infections. MB also has anti-aging properties, it helps to build connective tissue, and boosts elastin and collagen production. It helps protect the brain from free radicals and reduce oxidative stress.

Available in Low-Dose (15mg) or Standard Dose of 0.5-1 mg/kg



**Pairs well with: Glutathione, NAC, NAD+ (SQ injection), or Vitamin C (additional cost)*

The Mother-to-Be (Hyperemesis Graviardum) Length of time: 45-60 min Freq: as needed Price: \$140

IV fluids (LR) x 500-1000ml. Can be treated with B6 (Pyridoxine), B9 (Folic Acid), and Reglan 10mg all IV.

*Pairs well with: Pepcid, Zofran (OK in 2nd or 3rd trimesters only!) (additional cost)

Vitamin C

Length of time: **Varies**

Frequency: 1-2/week

Price: **Varies**

Requires a Consultation for Vitamin C doses > 7 grams

Labs required: recent CBC & CMP, G6PD, A1c in diabetics

Whether you are recovering from a viral illness, supplementing your cancer therapy, adding youthfulness to your cells, Vitamin C is the “go-to” booster.

Vitamin-C is safe and effective and high doses have been proven to increase collagen synthesis and suppress cancer cells.

Studies show that the plasma concentration in individuals who were given high dose Vitamin C were 6 times higher than those who were given the same dose orally.

High dose Vitamin C IV infusions are 100% bio available for your body to use. That means you can support your adrenal glands, maintain energy levels, improve and protect your skin, strengthen tendons and bones, boost your immune system and fight chemotherapy / radiation side effects with the power of high dose vitamin C.

High dose vitamin C is especially useful any time you are under greater than usual amounts of stress, feeling excessive fatigue, when your immune system needs bolstering to fight acute or chronic viral and bacterial infections, when your skin needs to be restored to glowing conditions after sun damage or surgery and to help improve the side effects of chemotherapy and radiation therapy like fatigue, nausea and vomiting.

**Pairs well with: Glutathione, NAC (additional cost)*

Alpha Lipoic Acid**\$75/\$125**

Alpha Lipoic Acid (ALA) is a fatty acid found in every cell of the body. It's essential for aerobic metabolism, helping to turn nutrients into energy. Moreover, ALA is unique because it's both water and fat-soluble, allowing it to work in every cell or tissue in the body. As an antioxidant, ALA neutralizes harmful free radicals and can regenerate other antioxidants like vitamin C, vitamin E, and glutathione.

ALA is a naturally occurring compound that's vital for cellular energy production and has potent antioxidant properties. It's often used as a supplement for various health benefits, including detoxification. ALA can be effective in managing nerve pain (neuropathy) caused by oxidative stress.

Alpha lipoic acid strengthens the body's defenses by recycling and enhancing other antioxidants in the body, such as vitamins C and E, coenzyme Q10, and glutathione. ALA works in the mitochondria and is a vital part of the conversion of glucose to energy. Glucose requires insulin to get into cells. ALA mimics insulin, improving both glucose metabolism and insulin sensitivity. This simply means that more glucose is transported into the cells, rather than being stored as fat. ALA also improves the conversion of carbohydrates to energy, which reduces the amounts available to be converted to fats.

ALPHA LIPOIC ACID (ALA) HAS SEVERAL REGENERATIVE PROPERTIES WHEN ADMINISTERED VIA AN IV DRIP.**Neuroprotective Effects**

ALA has been studied for its potential neuroprotective effects, helping to prevent or slow down neurodegenerative diseases such as Alzheimer's and Parkinson's disease.

Powerful Antioxidant

ALA is a potent antioxidant that helps neutralize free radicals, protecting cells from oxidative stress and damage. This can slow down the aging process and reduce the risk of chronic diseases.

Regenerates Other Antioxidants

ALA has the unique ability to regenerate other antioxidants like Vitamin C, Vitamin E, and glutathione, enhancing their effectiveness and extending their lifespan in the body.

Improves Cellular Energy Production

ALA plays a crucial role in mitochondrial function, aiding in the production of ATP (the energy currency of cells). This can boost overall energy levels and improve cellular function.

Supports Liver Health

ALA has been shown to support liver function and detoxification, which is beneficial for conditions like hepatitis and cirrhosis, and can help in the recovery from heavy metal poisoning.

Reduces Inflammation

Its anti-inflammatory properties can help reduce chronic inflammation, which is linked to various diseases such as arthritis, cardiovascular diseases, and neurodegenerative disorders.

Enhances Insulin Sensitivity

ALA can improve insulin sensitivity and help regulate blood sugar levels, which is particularly beneficial for people with type 2 diabetes or metabolic syndrome.

Benadryl (diphenhydramine) - Used only for acute reactions.**\$15**

This first-generation H1 antihistamine operates by competitively blocking histamine receptors, effectively neutralizing the body's inflammatory response to allergens. When administered intravenously, Benadryl bypasses digestive metabolism, allowing for 100% bioavailability, rapid onset of action, and often lower effective dosing—translating to enhanced efficacy with potentially fewer side effects. **MUST have a driver if Benadryl is given!**

Decadron (dexamethasone) - *Used only for acute reactions.*

\$15

Dexamethasone (Decadron) is a steroid that is used to treat severe allergies! **Warning:** Steroids can increase glucose levels.

Glutathione

\$20/\$35

Glutathione is a powerful antioxidant comprised of amino acids cysteine, glycine, and glutamic acid. Glutathione has many functions. It is vital to mitochondrial function and necessary to produce DNA. Its ability to cross the blood-brain barrier means it plays an important role in removing toxins, such as mercury, from the brain and other cells. It is key in supporting immune function, metabolism, forming sperm cells, tissue building and repair, and helping with certain enzyme functions. As a powerful antioxidant, it may help fight the effects of free radicals, which cause oxidative stress, damage healthy cells, and contribute to aging and certain degenerative illnesses. Unlike most antioxidants, glutathione can be made in the human liver. Glutathione can be found in every cell of the human body. It is also found in many foods, including spinach and avocados, but is poorly absorbed by the body when consumed orally. Supplements that can support glutathione production include curcumin, N-acetylcysteine, selenium, silymarin, vitamin C, and Vitamin E. Glutathione levels in the body naturally decline as we age, but can also be reduced by factors like stress, malnutrition, and environmental toxins.

Magnesium

Varies

Magnesium is an essential mineral that helps maintain a steady and regular heart rhythm and prevents high blood pressure. It's also useful for combating anxiety, stress, insomnia, headaches, cramping, inflammation, asthma, and constipation.

NAC (n-acetyl-cysteine)

\$20

NAC is a supplement for cysteine. It's important for replenishing the most powerful antioxidant in your glutathione.

- Increased production of glutathione, a powerful antioxidant
- Increased detoxification
- Reduced oxidative stress in the body
- Relaxed airways for improved breathing, acting as a vasodilator
- Loosened respiratory secretions, similar to an expectorant
- Improved brain function by restoring glutamate, the brain's main fuel
- Improved insulin resistance; may stabilize blood sugar by decreasing inflammation in fat cells

Pepcid (famotidine)

\$15

Pepcid is one of the most popular heartburn relief medications in the world. This brand's active ingredient is famotidine — a powerful histamine-2 (H2) blocker that reduces the amount of acid in the stomach. Histamine is a compound released by your cells, and it's your body's way of telling you that it doesn't like something you consumed. One way histamine causes your body to react is by stimulating gastric acid secretion — it churns up your stomach acid.

Selenium

\$25

Selenium is a mineral and naturally occurring trace element in the soil, water, and some foods. Selenium is also an antioxidant and helps protect cells from damage caused by oxidative stress.



Selenium is a powerful and essential mineral that plays a major role in performing several important bodily processes. The body cannot produce Selenium on its own, however, making its supplementation particularly important for individuals who wish to achieve optimal health. The thyroid contains the highest concentration of selenium of all the organs in the body. Selenium is required by one of the enzymes that activate thyroid hormones (converting it from T4 to T3). However, if you are unable to absorb selenium, it will significantly affect the health of your thyroid. This is why many people with thyroid deficiency choose to take IV Selenium along with their prescribed medicines.

IV infusion is an ideal way of getting selenium and other nutrients because it skips the digestive tract and is directly absorbed in the bloodstream.

Toradol (ketorolac)

\$15

Toradol is a non-steroidal anti-inflammatory drug (NSAID) that may help relieve mild to persistent discomfort, headaches and migraines. It's a great medication for renal colic/kidney stones.

Vitamin C (ascorbic acid) - see above description/explanation

Zofran (ondansetron)

\$15

Zofran is a medication used to block serotonin which may decrease nausea and vomiting.

Intramuscular (IM) & Subcutaneous (SQ) Injections

Amino Blend - (IM injection)

\$15

Amino acids are the natural compounds that are used as building blocks by the body to create proteins. Amino acids, and the proteins that are made from them, are crucial to helping the body break down food, repair body tissue, grow, and perform many other bodily functions. Some people also use amino acid supplements to boost athletic performance or improve their mood. Amino acids are categorized into three groups: essential, nonessential, and conditional. Essential amino acids cannot be made within the body and must come from external sources, such as diet or supplements. Nonessential amino acids are produced within the body, and conditional amino acids are usually produced within the body. During periods of stress, illness, or injury, the body may not be able to create enough of these, and they become essential amino acids that require external supplementation.

Amino acids: Arginine, Citrulline, Lysine, & Proline

Vita-Complex (B vitamins – IM injection)

\$15

Vita Complex is packed with B-complex vitamins, to help convert nutrients into energy- and keep your skin looking clear and healthy. *Thiamine* improves your immune system and helps convert fat and carbs into energy. *Riboflavin* increases metabolism and supports your immune system. *Niacin* eases inflammation and can help maintain healthy looking skin. *Dexpanthenol* is essential for maintaining healthy skin, hair, eyes, and liver. *Pyridoxine* promotes red blood cell production and converts food into energy. B vitamins: Thiamine (B1), Riboflavin (B2), Niacinamide (B3), Dexpanthenol (B5), & Pyridoxine (B6).

Biotin (B7 – IM injection)

\$15/\$25

This vitamin is important for overall health, and plays a role in cell growth, carbohydrate metabolism, and fatty acid synthesis. Biotin is involved in a wide range of metabolic processes primarily related to the utilization of fats, carbohydrates, and amino acids. It also influences cell growth and may help in maintaining blood sugar levels. Biotin is commonly supplemented for multiple conditions, such as hair loss, brittle nails, and nerve damage. Biotin is also thought to reduce inflammation, improve cognitive function, and increase HDL (good) cholesterol and decrease LDL (bad) cholesterol.



Methylcobalamin (B12 – IM injection)**\$15/\$25**

Methylcobalamin is an active form of Vitamin B12. Vitamin B12 helps to utilize fats and carbohydrates for energy and make new proteins. Vitamin B12 is important in the maintenance of our metabolism, blood cells, and nerve function. Most people get enough vitamin B12 in their diet, but some need supplementation. Certain health conditions such as intestinal or stomach problems, poor nutrition, cancer, HIV, pregnancy, old age, veganism, and alcoholism can cause vitamin B12 deficiency. Low levels of vitamin B12 can lead to fatigue and anemia in milder cases. More serious B12 deficiencies have the potential to impair heart and neurological function, leading to a wide range of serious symptoms, including but not limited to tinnitus, severe joint pain, memory problems, depression, anxiety, poor muscle function, ataxia, and changes in reflexes. Infertility can also occur in individuals with insufficient B12. Early intervention and treatment of B12 deficiencies are key to maintaining healthy bodily function.

Methylcobalamin can also be indicated in those with pernicious anemia, diabetes, neuropathy, heart disease, circadian rhythm sleep disorders, memory loss, depression, fatigue, AIDS, inflammatory bowel disease (IBD), Lyme disease, osteoporosis, tendonitis, psychiatric disorders, Alzheimer's disease, liver and kidney disease, and asthma. It also may help in improving concentration, maintaining fertility, anti-aging, boosting energy levels, converting fat to energy and mood elevation.

Co-Enzyme Q10 - (IM injection)**\$25**

CoQ10 is a powerful antioxidant. Antioxidants neutralize the negative effects of free radicals that are known to damage cell membranes, alter DNA, and cause cell death. High levels of free radicals can cause oxidative stress – an imbalance between free radicals and antioxidants – in the body. Free radicals can easily react with other molecules causing large chain chemical reactions in your body. When there is balance, free radicals can help fight off pathogens that cause infections.

As an antioxidant, CoQ10 contributes to overall wellness and has anti-aging benefits.

Low blood levels of CoQ10 have been observed in patients with: congestive heart failure (CHF). Atherosclerosis and other cardiovascular diseases, type 2 diabetes, neurodegenerative diseases (including Parkinson's), mitochondrial disease, high blood pressure, inflammatory conditions, preeclampsia, and certain types of cancer like breast cancer and melanoma.

Vitamin D3 - (IM injection)**\$15/\$25**

Vitamin D3, sometimes called the sunshine vitamin, is an essential fat-soluble vitamin produced in your skin in response to sunlight. Many people don't get a sufficient amount of vitamin D and are at risk of the negative impacts of vitamin D deficiency.

Calcitriol is the active ingredient in Vitamin D. High pollution, too much sunscreen, and other factors can prevent you from getting the amount of sun exposure you need, putting you at risk of vitamin D3 deficiency. When your body does not get enough calcitriol, you may experience a variety of unpleasant symptoms, including:

Fragile or brittle bones, fatigue, poor digestive health, weight gain, sleep problems or insomnia, worsening diabetes, decreased mood or depression.

* Supplement with a good source of **D3 + K2** in a ratio of 10,000 IU (or 250mcg):100mcg *



MIC + Methylcobalamin (B12) - (IM injection)

\$15/\$25

Methionine is a crucial amino acid that optimizes metabolism & supports vital bodily functions for peak performance.

Inositol helps to nurture healthy cell structures & nerve connections to balance your overall well-being, regulate mood, & control appetite.

Choline helps to elevate longevity with this essential nutrient while enhancing memory, mood, muscle control, & various vital functions.

Methylcobalamin (B12) helps to fuel metabolism & can boost energy while enhancing your cells to create new proteins for optimal vitality.

Mineral Blend & Vita-Complex - (IM injection)

\$15

This *essential blend of minerals* helps reverse the effects of dehydration, remove toxins and replenish vitamins. *Magnesium chloride* reduces fatigue, improves immunity, improves relaxation, and more. *Zinc sulfate* reduces the duration of illnesses, prevents infection, and speeds up the body's healing process. *Manganese* plays a role in metabolizing carbohydrates and helps to reduce inflammation. *Copper gluconate* supports energy production and helps to maintain healthy bone growth.

Vita Complex is packed with B-complex vitamins, to help convert nutrients into energy- and keep your skin looking clear and healthy. *Thiamine* improves your immune system and helps convert fat and carbs into energy. *Riboflavin* increases metabolism and supports your immune system. *Niacin* eases inflammation and can help maintain healthy looking skin. *Dexpanthenol* is essential for maintaining healthy skin, hair, eyes, and liver. *Pyridoxine* promotes red blood cell production and converts food into energy. B vitamins: Thiamine (B1), Riboflavin (B2), Niacinamide (B3), Dexpanthenol (B5), & Pyridoxine (B6)

NAD+ - (SQ Injection)

\$25/40/60/80

NAD and NAD+ occur naturally in the body. They play a major role in the chemical process of generating energy. NAD+ is probably the most important co-factor for improving mitochondrial function. Mitochondria are intracellular organelles (AKA “energy powerhouses”) where micronutrients are converted to energy-rich ATP molecules for the cell. As we age, our body’s NAD levels gradually drop due to lower intrinsic production and inflammation/oxidative stress caused by environmental factors. This drop in NAD+ can cause fatigue, mental fog, dull and tired skin, and poor sleep quality. Boosting NAD+ may help manage a wide spectrum of diseases and the effects of aging.

Moreover, NAD+ infusions may improve athletic endurance and reverse the symptoms of chronic fatigue.

Research has shown that NAD+ may have potential for fighting the effects of addiction. Excessive alcohol and drug use diminishes the amount of NAD naturally found in the body; by reintroducing it through NAD therapy, cravings and withdrawal effects may be reduced as a result. Additionally, NAD+ has been shown to boost serotonin, aiding with symptoms brought on by depression and anxiety.

This treatment is tailored to the individual.



Taurine - (IM injection)

\$15

Taurine, is a conditionally essential amino acid. Unlike most amino acids, taurine doesn't play a role in building proteins. It helps to maintain proper hydration and electrolyte and mineral balance in your cells supporting the functions of the digestive, nervous and immune systems. There are many conditions that may use taurine for treatment, including congestive heart failure, high blood pressure, hepatitis, high cholesterol, and cystic fibrosis.

Taurine is also frequently used for its antioxidant properties to prevent cell-damaging side effects of chemotherapy.

Tri-Immune Boost - (IM injection)

\$20

Tri-Immune Boost is a power-packed immunity blend made up of **Glutathione, Ascorbic Acid (vitamin C), and Zinc**. This high concentration blend of immune boosting essentials is the ultimate immune system enhancer to help maintain a healthy immune response. Glutathione, a powerful antioxidant, protects host immune cells & provides optimal functioning of other cells in the immune system. Ascorbic Acid supports cellular functions of both the innate and adaptive immune system. Zinc Sulfate plays a role in the development and function of immune processes.

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