

# IV Myers Cocktail

Intravenous (IV) Nutritional Therapy is a method of delivering vitamins, minerals and other natural substances directly into your bloodstream. IV Therapy bypasses the digestive tract where many nutrients may be lost due to poor absorption. The increased nutrient levels can provide an immediate therapeutic response by correcting deficiencies that may arise from a disease state.

## **What is in a Myers Cocktail IV?**

- Vitamin C: fights cancer, acts as an antioxidant, supports joint cartilage health and immune system function.
- Vitamin B12: treats vitamin B12 deficiency, and supports brain cells, nerve function, sleep, mood and memory.
- B complex: promotes healthy hair and skin, prevents memory loss, and acts as anti-stress.
- Calcium Chloride: treats low blood calcium and maintains strength of cartilage and bone.
- Magnesium Chloride: prevents inflammation, supports a healthy immune system, treats asthma, migraines and high blood pressure.
- Multi-Minerals (Zinc, Copper, Manganese, Chromium, Selenium): supports cellular health, hormone production, and a strong immune system.
- Add on: Adrenal Support - Vitamin B12, B9 (Folate; Maintain a healthy nervous system, key metabolic processes and healthy cell growth during fetal development), B1 (Nerve signaling and energy maintenance), Vitamin B6 (Clear mental functioning and energy maintenance), AMP (Natural vasodilator increasing blood circulation, nutrients & available energy supply to muscle), chromium, procaine HCl, B7 (D-Biotin; Maintain healthy metabolic, nerve, digestive and cardiovascular functions).

This is a generalized list of ingredients in the Myers Cocktail. Your Naturopathic Doctor will make any adjustments according to your individualized treatment plan.

## **What Conditions Can a Myers Cocktail treat?**

- Acute asthma attacks
- Acute muscle spasm
- Adrenal Fatigue
- Anxiety/Depression
- Athletic Performance
- Cardiovascular disease
- Chronic Fatigue Syndrome
- Chronic Sinusitis
- Digestive Disorders
- Fibromyalgia
- Migraines
- Stress

## **How do I Prepare for my IV Myers Cocktail?**

Drink lots of water so you are well hydrated before each treatment. Be sure to have a meal within 1-2 hours of each treatment. Expect the treatment to take approximately 45 minutes. Some patients experience a warm sensation in their chest or lower abdomen as well as being able to taste the vitamins - this is normal.

## **How Often Should I Get The IV Myers Cocktail?**

Ultimate support would be weekly, however your plan will vary based on your Naturopathic assessment.

