



## What is IV Nutrient Therapy?

- Despite hydrating and eating a balanced diet, which most of us don't do, we still need our digestive system to help us break down, absorb, and transport nutrients and vitamins to the rest of our body to use.
- IV nutrient therapy is an alternative way to hydrate the cells and provide extra vitamins, minerals, and nutrients for optimal function.
- Because IV treatment is administered directly into the veins, the results may be faster than those of oral or other traditional medicines.
- Physicians believe IV nutrient therapy can be safe, effective and restorative, and can be customized to suit the unique needs of each patient individually.



## Possible Benefits of IV Nutritional Therapy:

- Boosts energy
- Detoxifies the body
- Enhances the immune system
- Helps prevent illness
- Combats chronic fatigue
- Improves hangovers
- Reverses symptoms of malnutrition
- Speeds up recovery after performance or sports

## What do I need to get Started?

- A Baseline physical exam and review of medications, allergies, and medical history.
- Baseline bloodwork CBC/BMP to ensure there are no other underlying health conditions
- Discussion of your goals and individual needs to develop an IV therapy plan