



IV NUTRIENT DRIPS

HOW IT WORKS

While oral supplements can be effective for treating some conditions. IV therapy delivers nutrients directly to the bloodstream, bypassing the digestive system. Infusing the nutrients directly means the treatment can offer a more instant result and more assurance that nutrients are entering the cells. Cells absorb up to 90 per cent of the nutrients when administered directly into the bloodstream.

The theoretical basis for IV Vitamin Drips is that serum concentrations obtained by IV vs. oral supplementation is significantly higher allowing for the correction of intracellular nutrient deficiencies. This is not something that is typically measured in standard bloodwork and is a possible reason to explain why those who have "normal" bloodwork, feel substantially better once starting treatments.

Initially, the vitamins and minerals are thought to leak out of the cells explaining why some people feel good for a day or two but then lose the effects. Increased frequency of treatment, especially at the beginning is important to prevent this. Over time and with regular treatments, the cells become saturated in vitamins and minerals allowing someone to sustain their results for longer periods of time, ultimately leading to less frequent treatments

WHAT IT TREATS

The short answer is basically everything!

Vitamin infusions are ideal for those who forget to take supplements regularly, have digestive issues that prevent absorption, or anyone looking to take their preventative healthcare to the next level.

During our initial consult, your ND will go through your goals and expected outcomes for your nutrient drips.

COMMON SYMPTOMS AND CONDITIONS WE SEE

Fatigue
Stress Relief
Immune Support
Migraines
Skin Health
Liver Support
Mood Support
Hormones + Fertility
Athletic Recovery
etc !

FREQUENCY

Dr. John Myers, MD is the pioneer of IV Myer's Cocktail. He found best results when patients completed 4 weekly infusions followed by 1-2 monthly treatments.

At EASTND we model Myer's approach, but are mindful that each individual is very different and their goals and response to the infusions will be different.

For best results, we recommend a commitment of 3-4 vitamin drips spread over 3-4 consecutive weeks. After this, many clients move to an infusion 2-4 weeks later.

After the initial series of treatments, most clients tell us the frequency in which they need to feel their best. Once symptoms are effectively managed/ resolved, we recommend a treatment once a quarter to maintain health and prevent recurrence of symptoms!

Can't Commit to Weekly Sessions?

Not to worry, you will still benefit from the treatment but you may find your results do not last as long. This is because the cells need to be flooded with nutrients multiple times before they become saturated and results can be maintained.

PREPARING FOR YOUR IV

1. BOOK A NATUROPATHIC CONSULTATION a naturopathic consultation to ensure safety, go over your goals, expectations and recommended treatment (type of drip, frequency, etc.)

* Please bring a copy of your most recent blood work, if you are unable to access your blood work on myhealth.gnb.ca then we can request it from the hospital. If your last blood work is over 6 months ago we may recommend having updated labs done for your file. We do not necessarily need these to direct treatment, but we like having your baseline results on file .

2. Drink plenty of water the day before your infusion. The day of your infusion, please be sure you have had something substantial to eat, have drank plenty of water and feel free to bring snacks with you. It is best to avoid coffee or highly caffeinated beverages a few hours before your drip.

3. Show up to your appointment. Each drip takes 45- 60 minutes. Sit back, relax, read your book, bring your laptop, or listen to your favourite music, podcast or meditation.

4. If you experience any discomfort during your IV please inform the IV tech, most discomforts can be easily addressed with simple adjustments. If you would like to stop the drip at any time please ask. This experience should be relaxing and as comfortable as possible!

If you would like a beverage (please see beverage menu), headphones or a blanket please ask our IV tech!

SAFETY

In general Vitamin Infusions are very safe. We take extra precaution during our initial consult to ensure all potential safety concerns are addressed; past and current medical conditions, allergies, medication, most recent blood work and any personal concerns will be addressed. As outlined in the consent, we expect clients to inform us of any medication or health changes between infusions.

Those with cardiovascular, liver or kidney issues may not be eligible for treatment. This is determined and discussed during your consultation.

Those with severe anxiety or needle phobia may not benefit from nutrient IV's, as anxiety may cause fainting (vasovagal reactions) or increased stress after the drip if there is concern about ingredients prior to treatment. Please notify us if you feel this is you, as we can help adjust treatment right away.

As with any medical procedure there are risks involved. We do our best to minimize these risks for your safety and comfort.

Review the "What To Expect" pages of this document for more information.

POSSIBLE SIDE EFFECTS

- Swelling
- Bruising
- Nausea
- Headache
- Flushing
- Dizziness
- Upset stomach

VERY RARE SIDE EFFECTS

- Vasovagal Syncope
- Hypoglycemia
- Hypotension
- Allergic Reaction
- Venous Spasm
- Circulatory overload
- Infiltration
- Phlebitis
- Thrombosis
- Infection

EXPECTATIONS

What to Expect the Days Following your Treatment?

This can look different for everyone, depending on your goals!

For some, you will feel a boost of energy and a general sense of wellbeing. This may only last 1-2 days until you have received your initial series of treatments. With frequent treatments, the results are more prolonged. Eventually, you will only need treatment when you start to feel symptoms returning.

For others, you may feel worse for 1-2 days. This can happen when we have been chronically ill, fatigued, or highly inflamed. This type of feeling can be indicative of a detox reaction, and will lessen in severity with subsequent treatments. Proper hydration, nutrition and rest can help. If this is you, you may need more frequent treatments for a longer period of time as your body is undergoing some major changes! Always speak to our supervising Naturopathic Doctor so we can ensure make changes appropriately/ determine if this is the best treatment for you.

For the rest, you may feel more or less the same. This is generally an indication that you are overall healthy and your body is well adapted. You will still see benefits but they will be less obvious. You will find your tolerance for stress increases, your sleep and energy improve, and you do not become fatigued/ sick frequently. We love this because we believe prevention is the best medicine!

TESTING

MOST RECENT BLOODWORK ON FILE

CBC

Kidney Function

Liver Function

Electrolytes

Blood Sugar

*We prefer having your latest blood work on file. You can send a copy to info@eastnd.ca. If it has been over 1 year we suggest having updated labs done.

Discuss private lab testing through EastND.

OTHER ITEMS TO CONSIDER TESTING

Calcium + Magnesium

B12

B9 (folate)

Amino Acid Profile

ALT or GGT (glutathione needed when increased)

G6PD required for high dose vitamin C

SPECTRA CELL

Full panel of **tissue** micronutrient levels

Available through EASTND, ask us about it!

MYERS COCKTAIL

A Myers Cocktail is named after the pioneer and doctor John Myers, MD. He used a combination of vitamins and minerals to treat conditions like: asthma, migraines, fatigue, fibromyalgia, upper respiratory tract infections, chronic sinusitis, seasonal allergies, anxiety, painful and/or irregular periods, skin rashes, athletic performance, depression, etc.

We generally start out with a Standard Myers Cocktail as the base IV and add add-on's depending on what your concerns and goals look like.

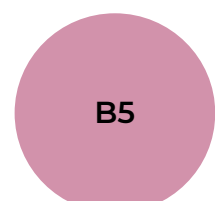
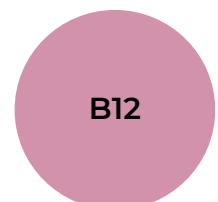
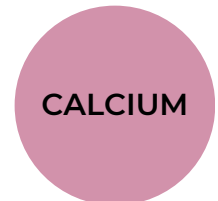
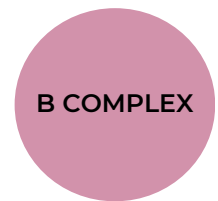
This Cocktail is a blend of vitamin's C and B's and mineral calcium and magnesium in a 0.9% normal saline bag.

Other research has been done over the years including

- Severe fatigue and Chronic Fatigue Syndrome
- Fibromyalgia
- Malabsorption
- Asthma
- Migraine

More clinical experience based use has been shown for conditions such as;

- Depression
- URTI/ Chronic infections
- Sinusitis
- Seasonal Allergies/ Hay Fever
- Thyroid dysfunction
- Recovery post illness/ surgery/ competition
- Dehydration



MYERS COCKTAIL

VITAMIN C

ASCORBIC ACID

Vitamin C is one of our most potent antioxidants helping to prevent damage to the body. It helps to reduce inflammation, boost immunity and fight viral infections. It is required for the production of collagen which provides its healing properties and slows the aging of our cells.

HIGH DOSE VITAMIN C

Doses over 15g requires G6PD enzyme testing. At high doses vitamin C can cause red blood cell breakdown in people without this enzyme.

Testing:

G6PD Qualitative (available through our lab dynacare)
IF ABNORMAL - automatically add quantitative
(additional fee)

COMMON USES

Viral infection	CFS/ Fibro
Endometriosis	Gallstones

MYERS COCKTAIL

BCOMPLEX

B1 THIAMINE | B2 RIBOFLAVIN 5 PHOSPHATE | B3 NIACINAMIDE | B5 DEXPANTHENOL | B6 PYRIDOXINE|

This combination of B1 B2 B3 B5 B6 is designed to help increase energy, mood and detox. Helps fight fatigue, boost mood and regulate hormones.

B5

DEXPANTHENOL

This b is specific for energy production and cell integrity. It helps to prevent and reduce acne, reduces allergy symptoms and support the adrenal glands to prevent burnout from chronic stress

B12

HYDROXYCOBALAMIN

This B is specific for helping to boost energy production in the body, it is an essential nutrient for nerve and brain health, making it important in mood regulation.

If you are overtly deficient in B12, we recommend adding on an IM (intramuscular) injection of B12 - 1-3 injections, will correct a deficiency quickly, while the IV B12 will maintain the levels.

MYERS COCKTAIL

MAGNESIUM CHLORIDE

Magnesium is required for more than 300 different processes in the body. It contributes to energy production, brain activity and muscle activity. It is depleted during times of stress, chronic sugar and caffeine intake.

COMMON USES

Migraines/ Headache
Chronic Tension
Muscle Aches
Hypertension
Insomnia
Asthma
Anxiety

CALCIUM GLUCONATE

Calcium is important for the contractility of muscle, strength for bones and teeth as well as energy storage. This form specifically helps with liver clearance of toxins and estrogens. Making it an essential for PMS symptoms or hormonal imbalance. It is also an essential for women at risk of osteoporosis pre and post menopause.

COMMON USES

Muscle Cramps
Nerve Health
Osteoporosis
Menopause
PMS

** If you have a history of cardiovascular disease magnesium and calcium may be omitted (determined during your safety consult) as they play a role in heart contractions

** calcium may be omitted if you have a current or history of shellfish allergy as there is cross contamination depending on the form we have in stock

GLUTATHIONE add-ons

CONDITIONS GLUTATHIONE CAN HELP

LIVER

Fatty Liver
Hepatitis
Phase 1 + 2 Detox

IMMUNE

URTI
Sinusitis
Chronic Infections
Post Viral Syndrome:
Fatigue, Cough,
Brain Fog

MSK

Fibromyalgia
Arthritis
Muscle Pain
Training Recovery
Surgery Recovery

NEURO

Migraines
TBI/ Post Concussion
Alzheimer's
Parkinsons
Nerve Damage
Peripheral Neuropathy

SKIN

Acne
Scarring
Eczema
Psoriasis

ETC.

Chronic Fatigue
Syndrome
Egg + Sperm Health
Inflammation

GLUTATHIONE

GLUTATHIONE is offered as a push to your Standard Myers cocktail or as a stand-alone drip, as it can not be mixed with other vitamins! It is a powerful antioxidant that is used by every cell in the body. It is made up amino acids; L-cysteine, Glycine and L-glutamic acid. It acts as a co-enzyme for many processes in the body as well as regeneration of other antioxidants like Vitamin C and E.

Our food sources are very limited as breakdown happens quickly when glutathione is ingested orally. This is why IV and nebulized glutathione are superior. If needles are a source of anxiety liposomal glutathione can be discussed.

Low levels of glutathione have been related to chronic chemical, toxin and/ or alcohol exposure and chronic disease.

GLUTATHIONE + CELLULAR ENERGY

Our mitochondria or "power house of the cell" create our cellular energy (ATP). **GLUTATHIONE** feeds the mitochondria, supporting its function and maintenance. It is also used in the destruction of damaged cells and regeneration of new healthier cells.

GLUTATHIONE + LIVER

The liver is our are our biggest detoxification organ. It takes toxins, medications, chemicals, etc. and makes them water soluble to be eliminated through our urine and stool. This process can be split into 2 phases. Phase 1 detox makes these compounds into reactive oxidant species (ROS). ROS are unstable and very reactive compounds that can lead to cellular damage. **GLUTATHIONE** helps neutralize these compounds, making them less reactive, thus protecting us from cellular damage.

GLUTATHIONE

The glutathione pathways requires co- factors to support smooth and proper function. Replenishing these co-factors allows for a reduced required dose of glutathione and extends the half life of effectiveness. It is extra important to support this co-factors in people who are ill.

VITAMIN C
SELENIUM
MAGNESIUM
B1, 2, 6, 9, 12
ZINC

Therefore, we recommend a Standard Myers (with MTE5) with every 4 GLUTATHIONE drips.

GLUTATHIONE can be added to any Standard Myers as a "push" in 1, 2 and 3 ml doses if determined before the drip has started to ensure proper tubing is attached to the bag. To dose as high as 10ml, some clients will piggyback a 100ml glutathione bag after the Myers cocktail - this takes 20 additional minutes

VITAMINS

B1

THIAMINE

This b is important for energy production, nerve and cognitive function. B1 is rapidly reduced with chronic alcohol use and prolonged high blood sugar.

COMMON USES

Chronic alcohol use
Dysmenorrhea
Neuropathy
Dementia
Sciatica

B2

RIBOFLAVIN

This b is important for migraine and headache relief and eye health. This vitamin creates co-enzymes FAD and FMN for energy and antioxidant production

COMMON USES

Migraines
Headache
Eye Health

B6

PYRIDOXINE

This B is important for collagen formation, serotonin production, estrogen metabolism, methylation and transaminase function (liver, glucose, RBC).

COMMON USES

PMS
Mood
Fatigue
Pregnancy

B9

METHYLFOLATE

This b is important in energy production, but most notably its role in protecting and nourishing the nervous system. The methylated form ensures it is administered in its active form providing maximum therapeutic benefit.

Methylated folic acid is a necessary component of your prenats during pregnancy. If absorption is an issue or nausea prevents you from taking your prenatal IM or IV repletion is strongly recommended.

COMMON USES

Pregnancy
Fertility

MINERALS

MTE 5

**ZINC, COPPER, MANGANESE,
CHROMIUM, SELENIUM**

A combination of mineral to help reinforce our tissue and cells. Without them most systems cannot function optimally. Used frequently for immune health, thyroid and hormonal health, and maintenance of healthy hair, skin and nails.

COMMON USES

Immune support
Thyroid support
Hormonal Health
Blood Sugar Support

ZINC CHLORIDE

An essential mineral, used in many enzymatic reactions throughout the body; including DNA and protein synthesis. Zinc is important for your senses; taste, smell, vision and hearing. It plays a key role in fertility and hormonal health; supporting spermatogenesis, testosterone and sexual development. It is a potent antioxidant especially for wound healing and collagen formation. Lastly, it contains antiviral and immune supporting benefits.

COMMON USES

Acne + Skin
Immune Support
Lack of smell/ taste
Male + Female Fertility

OTHER MINERAL

If blood work (spectra cell) shows deficiencies in specific minerals we can discuss bringing them in for you

AMINO ACIDS

WHAT ARE THEY

Amino acids are our protein building blocks. They play a critical role in our day to day needs; growth & development, energy & hormone production, neurotransmitter synthesis, etc. There are 20 amino acids that are required for the human body; these are classified as essential, non essential and conditionally essential.

NON ESSENTIAL - not required in the diet, as our body creates them.

ESSENTIAL - required in the diet as they are not created by the body,

CONDITIONALLY ESSENTIAL - they are created by the body, but some conditions require additional demand and thus need to be received from the diet.

TRAVASOL 10%

ARGININE, GLYCINE, HISTIDINE, ISOLEUCINE, ALANINE, LYSINE, METHIONINE, LEUCINE, PHENYLALANINE, PROLINE, SERINE, THREONINE, TRYPTOPHAN, TYROSINE, VALINE

A blend of essential and non essential amino acids.

Great for those struggling to maintain adequate nutrition, protein intake, or recovery from illness/ surgery/ athletic training.

Required Co- Factors; Magnesium, B6

COMMON USES

Athletic Recovery
Illness Recovery
IBD; Crohn's, Colitis
Poor absorption
Malnutrition

AMINO ACIDS

CARNITINE

A conditionally essential amino acid, which is created in the liver, brain and kidneys via the combination of lysine and methionine. Carnitine helps to shuttle fatty acids into the mitochondria, creating ATP (energy).

Required Co- Factor: B5

COMMON USES

Fertility
Weight loss
Energy support
Insulin Resistance
CFS/ Fibro/ Arthritis
Metabolism Support
Athletic Performance

TRYPTOPHAN

Tryptophan is an essential amino acid (not created by the body, but received via the diet). It creates 5-HTP which is the precursor to serotonin and melatonin. Serotonin, a neurotransmitter, has great benefit for mood, sleep, digestion, migraines.

Required Co - Factors: B6, Vitamin C

COMMON USES

Anxiety
Insomnia
Migraines
Depression
Poor Digestion
Chronic Stress

AMINO ACIDS

GLYCINE

A conditionally essential amino acid, Glycine mainly acts as an inhibitory neurotransmitter, creating a calming effect on the body to benefit mood (anxiety, schizophrenia) and sleep. It is a co-agonist to NMDA receptors with glutamate to help with memory. It also plays a role in producing collagen, heme and creatine.

Required Co- Factor: Magnesium, B9

Pairs well with: Taurine

COMMON USES

Anxiety
Memory
Insomnia
Wound Healing
Muscle Spasticity

TAURINE

Conditionally essential amino acid that is abundant in excitable tissues; heart, skeletal muscle retina, brain. It supports mood by increasing glycine and GABA in the brain and reduces the amount of glutamate. It carries anti inflammatory, anti oxidant and cell protecting effects. It acts as fuel for our heart and muscle cells, as it helps to increase the amount of calcium storing and force of muscle contractions.

COMMON USES

Anxiety + Mood
Athletic Recovery
Vegetarian/ Vegan
Cardiovascular Health

HERBALS

GLYCYRRHIZIC ACID

ADRENAL SUPPORT

Extracted from Licorice root. An adaptogen that supports the adrenal glands and our bodies response to stress. Additionally, this herb has antiviral properties and are great for those who don't feel the same after a recent virus.

Caution - Blood pressure, electrolyte imbalance

COMMON USES

Stress
Burnout
Post Viral

CALYCAST

HORMONES

Blend of herbs; vitex, panax ginseng, etc. to support hormonal changes associated with menopause, PMS, mood swings, etc.

COMMON USES

PMS
Irregular Cycles
Heavy Cycles
Peri/ Menopause

PASCONAL

SLEEP+ ANXIETY

Blend of Avena sativa, Valerian, Ignatia and Lycosa herbs to support sleep, mental exhaustion, reduce anxiety and nervousness.

COMMON USES

Exhaustion
Insomnia
Anxiety
Stress

HERBALS

AGIL FORTE

INFLAMMATION

Blend of herbs; harpagophytum and homeopathics; arnica, bryonia, etc. to reduce inflammation and joint pain.

COMMON USES

Inflammation
Joint pain
Arthritis

LYMPHDIARAL

LYMPHADIC DRAINAGE

Blend of herbs; taraxacum, calendula, chelidonium, echinacea, etc. to support lymphatic drainage and symptoms of swelling, inflammation, infection.

COMMON USES

Swollen Glands
Inflammation
Swelling
Post Infection

PASCALLERG

ALLERGES + HAY FEVER

Blend of homeopathic herbs to prevent and relieve symptoms of allergies and hay fever.

COMMON USES

Allergies
Hay Fever

PASCOLEUCYN

IMMUNE BOOSTER

Blend of echinacea, thuja, lachesis and other herbs to support the immune system and prevent cold/ flus. Helps with symptoms; cough, congestion, fever, headaches, post nasal drip, etc.

COMMON USES

Immune support
Colds/ Flu's
Congestion

GLOWING SKIN DRIP

This is a potent combination of antioxidants that can bypass the gut and go directly into the bloodstream. Vitamin C is a potent antioxidant that helps to improve the integrity of the skin cells.

2 grams of **GLUTATHIONE**, followed by 8.5 grams of **VITAMIN C**.
Each in 100 ml normal saline. 45-60 minutes.

For best results we recommend a drip weekly for 3-4, then once every other month.

POST CONCUSSION DRIP

This is a combination of powerful antioxidants and nutrients that reduce inflammation in the brain, improve blood flow and reduce pain and brain fog.

Standard Myers + B2, followed by Glutathione Drip. (90 minutes)

Then weekly Glutathione Drips for 3 (30 minutes)

Monthly Glutathione as needed for maintenance (30 minutes)

WHAT TO EXPECT AFTER

Most post IV symptoms are just the IV nutrients working through your system.

Increased or decreased energy, increased or decreased desire to sleep or eat are normal in the first day or two after an IV. It is normal to be thirsty during this time.

Most concerns patients encounter following an IV can be prevented. The following are some of the most common helpful preventive measures.

HYDRATION: Dehydration causes the most post IV symptoms and concerns. IV therapy can be dehydrating as well as hydrating, so one must hydrate before, during and after the IV. Drink water before, during and especially after your IV. Hydrators and juice are available at the clinic.

Symptoms such as headache, dizziness, dry mouth, joint stiffness, joint aches, and others often are due to a need for more water.

SNACK: If you experience nausea before or after your IV please bring a high protein snack to eat during your next IV. This is generally a good idea even if you do not have nausea with the IV.

IV SITE CARE: Your IV site was cleaned and attended to properly during your IV. After the IV is discontinued you may have some redness and swelling over the site the vein was punctured. Use the following tips to minimize post IV issues:

- Keep your bandage on the IV site for 2-4 hours after the IV. Even though the bleeding is stopped you can bruise and bleed internally for some time.
- If you have discomfort over the IV site you may apply cold towels or ice for 10-15 minutes at a time.
- If the pain increases or redness over the site increases please call the clinic.

If any of the following are worsening after your IV please call the clinic:

Swelling over the veins IV site

Redness over the vein that progresses and covers more area

Pain in the vein that is not improving over an 8 – 12 hour period

Headache that does not resolve with increased hydration or analgesics like aspirin, Tylenol or ibuprofen.

Note - if you are already on a blood thinning therapy such as Coumadin/Warfarin, Plavix, Heparin, daily Aspirin, etc. please only use Acetaminophen/Tylenol type pain relievers.

Follow the manufacturer's recommendations when taking all over-the-counter medications.

EAST ND Naturopathic Centre & IV Lounge is NOT an emergency clinic.

- If you feel like you are having a life threatening reaction please call 911.
- If you feel like you are having a true medical emergency, go directly to the ER.

The following are examples that involve urgent/emergent care:

High fever (over 39.4 degrees celsius)

Difficulty breathing

Severe allergic reaction to medication or supplement

Loss of consciousness

Heart irregularities

Severe dehydration (excessive vomiting and/or diarrhea or inability to take oral fluids).

For questions or concerns not requiring urgent response call the clinic at 506.830.8333 or email info@eastnd.ca.

REFERENCES

International IV Nutritional Therapy Global Physician Education. (n.d.). [Conference]. Fundamental and Clinical Applications of IV Nutrient Therapies, Buffalo , New York.

Anderson, Dr. P. (2020, September 30). IV Glutathione Administration. Consult Dr. Anderson. <https://www.consultdranderson.com/iv-glutathione-administration-cont/>

Gaby, A. (2011). Nutritional medicine. Fritz Perlberg Publishing.

Frank,V. (2018). Vitamins and Minerals in Nutrition. [Lecture notes, PowerPoint Slides]. CCNM. NUT 102.

PMID: 22264303

PMID: 19250003

PMID: 22933876

PMID: 15144562

PMID: 8984087

PMID: 7342494

PMID: 14988435

PMID: 19230029

PMID: 8938817

PMID: 23690738

PMID: 22489146

PMID: 19086569

PMID: 16014111

PMID: 12177109

PMID: 19287306

PMID: 10871578