



LIVEWELL
CLINIC

IV Nutrition Services



A healthy outside starts from the inside.

Robert Urich

The absence of toxins is a prerequisite for health, but the normal functions of the human body also require the presence of nutrients to perform at their best. Eating the right foods isn't always possible and does not guarantee that you are getting everything your body needs. IV Nutrition Therapy is a method of feeding vitamins, minerals, and amino acids directly into the bloodstream, infusing the body at a cellular level for optimal health and wellness. When these essential nutrients are administered intravenously, they skip the digestive tract and go right to work. Unlike oral supplements (which are still vital to overall health), IV Therapy delivers concentrated amounts of nutrients that would otherwise cause digestive discomfort or illness.

Most people who participate in IV Therapy usually fall into one of the following categories:

- Desire to maintain or improve current state of good health
- Desire to minimize effects of colds or the flu
- Desire to prepare for or recover from a surgical procedure
- Desire to improve athletic performance
- Desire to slow the effects of aging and the aging process
- Desire to better manage stress and its effects on the body
- Desire to enhance the appearance of hair, nails, and skin

For patients wanting to fully integrate IV Therapy into their personal wellness plan, adding an in-depth blood test will provide a complete nutritional analysis and reveal any exposure to toxins for a more detailed analysis of each patient's current state of health. Using this data, an individualized plan for IV Therapy or adjunctive treatments can be created and implemented.

IV NUTRITION THERAPY MENU

* indicates special blood marker before therapy, if not on file at the office

** indicates blood "IV panel" needed before therapy

LIVEWELL REPLENISH *

- Restore weakened defences that lead to illness and fatigue.
- Antioxidants fight off stress-induced ailments and B vitamins bring back energy levels, aiding in better brain power and improved focus.
- One or two infusions at the first sign of illness can reduce your symptoms and the time spent fighting a cold or the flu.
- Addition of glutathione, the body's most powerful antioxidant.

LIVEWELL HYDRATE * and **

- This treatment focuses on total hydration to restore energy and flush toxins from your system, and also contains a small amount of vitamins.

LIVEWELL SUPER IMMUNE * and **

- Stay well, especially if you are prone to infections.
- A powerful mix of nutrients to enhance your body's natural

defenses and increase energy.

- A weekly infusion is recommended to those with weakened immune.
- Dose options of Vitamin C: 25, 50, or 75 mg.

LIVEWELL PERFORM * and **

- Promote muscle function and speed up recovery.
- A blend of essential amino acids to feed your muscles and antioxidants to fight free radicals.
- Optimal physical conditioning for every athlete - weekend warrior, training for a marathon or wanting to stay in excellent physical shape.

LIVEWELL REJUVENATE * and **

- Repair post-surgery.
- A blend of essential amino acids to feed your muscles and antioxidants to fight free radicals.
- Optimal for those with poor digestion and recovering from effects of aging.

NUTRIENTS COMMONLY USED:

VITAMIN C

Popularized by Linus Pauling; has been shown to reduce cellular DNA damage, enhance the health-promoting effects of exercise, help avert/shorten the duration of the colds, and more!

MAGNESIUM

Participates in hundreds of essential biochemical reactions, yet commonly lacking in the diet; found to reduce the frequency and severity of migraines; acts as a natural muscle relaxant; may reduce severity of chronic pain.

TRACE MINERALS

Zinc, Copper, Manganese, Chromium and Selenium. Lacking in our modern diet, yet critical for over 200 enzymes in the body.

B-COMPLEX

Includes B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (dexamethanol), B6 (pyridoxine), and folic acid.

Needed in every cell of the body for everything from energy production to formation of neurotransmitters (serotonin, dopamine, etc.)

METHYL-COBALAMIN (B12)

A special, more bio-active version of B12; needed for burning of fats and carbohydrates for energy, the formation of healthy red blood cells, and the

maintenance of the myelin sheaths that protect nerves.

GLUTATHIONE

Known as 'the mother of all antioxidants'; neutralizes damaging free radicals that can lead to premature aging. Modern life (stress, toxins, medications, etc.) puts a huge strain on glutathione supply.

M.I.C. – LIPOTROPIC FACTOR

A mix of methionine, inositol, choline; substances to help boost metabolism and weight loss.

IV THERAPY

IV therapies are minimally invasive therapies that are well tolerated by most people. They carry a low risk of serious adverse side effects that may include a slight after-taste of supplements shortly after the infusion. Urine may also have a strong odor or color shortly after completion. Some patients may experience a sensation of warmth and flushing or feel a cooling sensation as the IV is administered. Intravenous supplements are safe, beneficial and easy in application. We use a small 'butterfly' needle or a micro-catheter to infuse the prescribed supplements.

**SOOTHING MUSIC, COMPUTER ACCESS, TV, AND
READING MATERIALS ARE ALL AVAILABLE.**

**EMPOWERING TRANSFORMATION TO
OPTIMAL HEALTH**

** The statements, treatments, and nutritional therapies listed above have not been evaluated by the Food and Drug Administration. Nutritional products are not intended to diagnose, treat, cure, or prevent any disease.

