



# Myers' Cocktail - IV Push

## What is Myers' Cocktail IV Push?

The use of infusing vitamins and minerals intravenously to treat a wide range of conditions was pioneered by Dr. John Myers, a physician from Maryland. IV nutrient therapy is an effective method of administering essential vitamins and minerals into the body.

The digestive system is by-passed with IV administration, allowing for as much as ten times greater absorption than oral vitamin intake. This makes it an ideal treatment in those with malabsorptive conditions or significant nutrient depletion.

The Myers IV consists of magnesium, calcium, B vitamins, selenium, and Vitamin C. This treatment temporarily increases nutrient levels in the bloodstream and can increase cellular uptake. It provides essential nutrients to help combat fatigue, chronic stress, infection, and support generally detox and well-being.

Vitamin C is an important cofactor in immune, nerve, connective tissue, and adrenal pathways. It has effects on both the innate and the adaptive immune system. It helps to reduce inflammation caused by infection and oxidative stress. It also reduces histamine, making it useful in the treatment of allergies & hives.

Vitamin C also works as an antiviral by interfering with viral protein-coat production which prevents the assembly of new viral units. In the face of disease, cancer, toxins and bacteria, our levels of vitamin C are reduced and require replenishment.

Magnesium, selenium, and B vitamins are involved in most metabolic pathways in the body and are particularly important for detoxification and cellular energy.

### Duration

30 - 45 minutes

### Uses

- Nutrient depletion
- Depression
- Chronic fatigue and stress
- Fibromyalgia
- Headache
- General detoxification
- Immune support

### Ingredients

- Selenium
- Magnesium Chloride
- Calcium Chloride
- B5
- B6
- Ascorbic Acid
- B-Complex
- B12
- Normal Saline/Sterile Water

### Side Effects

#### Common

- Heat & flushing sensation due to the magnesium
- B-vitamin taste
- Fatigue
- Nausea with rapid infusion or on an empty stomach
- Irritation at IV access site
- Hypoglycemia

#### Rare

- Temporary numbness in hands from rapid infusion
- Detox reactions: headache, body ache

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## Procedure

This IV has one component, administered from a hanging intravenous bag into a single IV access site.

## Patient Prep

Please arrive on time and be well-hydrated. Please ensure that you have eaten prior to the intravenous treatment.

Please inform a lab technician and/or your doctor if you have any allergies; have a history of any reaction to intravenous treatment or have any concerns regarding this treatment.

Please consult with your ND if your condition persists or worsens.

If you have any questions, please contact us at (604)738-1012, ext.1

## Notes