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## Vitamin IV infusions

Are you eating your 5-a-day of fruits and vegetables? Probably not if you're like most Americans. According to a 2010 report from the Centers for Disease Control, fruit and vegetable intake is actually getting worse. So, yes, most people need to take vitamins!

Vitamins and minerals provide the raw materials for our cells to function properly, and in high amounts it can help prevent and help a number of health conditions. So, I recommend every patient take a good quality multivitamin. You get what you pay for, so the more expensive vitamins are pricier because they are absorbed better. This means you get more bang for your buck. However, if you want to ensure you get 100% absorption of vitamins, intravenous vitamin therapy is the way to go.

Intravenous (IV) therapy takes place when medicine is given directly into the veins and works more swiftly and successfully compared to oral supplements.

### There are numerous conditions that IV therapy can improve:

- colds, flus, and immune support
- fibromyalgia
- chronic fatigue
- chronic pain
- depression
- irritable bowel syndrome
- cancer and immune support after chemotherapy or radiation
- auto immune diseases like multiple sclerosis and rheumatoid arthritis
- cardiovascular disease
- migraines
- obesity
- and many others...

### Our Vitamin IV infusions contain:

***Vitamin C, Vitamin B-complex, Vitamin B12, Folate, Magnesium, Potassium, Calcium, Sodium Bicarbonate, and multitrace minerals.*** We can customize IVs by adding items such as extra magnesium for migraines, homeopathic Traumeel for chronic pain, or MIC and chromium for weight issues.

IV nutrients go directly into the bloodstream in a safe form that is very well tolerated, with minimal or no side effects. Patients often start feeling better within hours of administration. Some patients with chronic conditions like fibromyalgia or chronic pain may need multiple IV treatments to get back to feeling better. If you're interested in vitamin IVs, call and make an appointment to see if this is the right treatment for you.