



## IV Course Cocktail Recipes

Infusion times for these recipes will be 30-60 minutes depending on how well the patient tolerates them. The alpha lipoic acid add-on in some of the advanced recipes needs to be infused separately over 60 minutes, therefore those infusions will take 90 minutes at a minimum. Alpha lipoic acid does need to be covered with an amber colored bag to prevent breakdown from light. Some sources also recommend amber colored tubing or to prevent it from hitting direct light.

Osmolarity will also vary depending on which pharmacy you use for the ingredients, but not by any significant amount that is of concern.

**Tip:** You can administer the methylcobalamin as an IV push instead of mixing in the bag. This is one less ingredient you need to worry about to mix!

**Tip:** IV push medications/nutrients/vitamins dilutions: utilize 10ml NS flushes for your IV pushes. You can simply empty 1-5ml of NS in the flush and then draw up the amount of medication/nutrient/vitamin into what is left. Remember, the more it is diluted the better. This will decrease any type of discomfort associated with the IV push.

NAD+ should be diluted in 10ml NS

Glutathione should be diluted in 5ml NS

The rest of the IV push medications/vitamins can be diluted in 3ml NS

### Myers Mixture

Magnesium Chloride 200mg/ml: 3ml

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml



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B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

### **Osmolarity:**

1L Normal Saline: 356 mOsm

500ml Normal Saline: 402 mOsm

### **Migraine and Pain Mixture**

Magnesium Chloride 200mg/ml: 5ml

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Ketorolac 30mg/ml: 1ml via IV push. May give 60mg IM if pain is severe.

Ondansetron 2-4mg/ml: 4-8mg via IV push depending on nausea severity.

Dexamethasone 4mg/ml: 4mg via IV push. Can give 8mg if migraine/pain is severe. (Dexamethasone aids in the migraine from rebounding back) **Osmolarity:**

1L Normal Saline: 362 mOsm

500ml Normal Saline: 402 mOsm



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### Immune Booster Mixture

Magnesium Chloride 200mg/ml: 3ml

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 10ml

Zinc 10mg/ml: 3ml **Osmolarity:**

1L Normal Saline: 383 mOsm

500ml Normal Saline: 453 mOsm

### Hangover Cure Mixture:

Magnesium Chloride 200mg/ml: 3ml

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Famotidine 20mg/ml: 1ml via IV push to calm dyspepsia, nausea, acid reflux, GI upset.



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Ketorolac 30mg/ml: 1ml via IV push to calm headache, body aches, and generalized discomfort.

Ondansetron 2-4mg/ml: 4-8mg via IV push depending on nausea severity.

Dexamethasone 4mg/ml: 4mg via IV push to calm inflammation associated with a hangover.

### **Osmolarity:**

1L Normal Saline: 356 mOsm

500ml Normal Saline: 401 mOsm

### **Beauty Infusion Mixture:**

Magnesium Chloride 200mg/ml: 3ml

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Biotin 0.5mg/ml: 5ml

Glutathione 200mg/ml: 5ml via IV push after infusion is over.

### **Osmolarity:**

1L Normal Saline: 355 mOsm

500ml Normal Saline: 398 mOsm



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### **Metabolic/Weight Loss Mixture**

Magnesium Chloride 200mg/ml: 3ml

Zinc 10mg/ml: 0.5ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Glutathione 200mg/ml: 3ml via IV push after infusion is over.

Alpha Lipoic Acid 25mg/ml: 10ml given in a separate 500ml NS bag after infusion is over.

Lipo-C injection given IM (standard formulation from Empower): 2ml IM

#### **Osmolarity of main infusion:**

1L Normal Saline: 368 mOsm

500ml Normal Saline: 424 mOsm

### **Energy Mixture:**

Calcium Chloride 100mg/ml: 3ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Folic Acid 5mg/ml: 1ml

Glutathione 200mg/ml: 3ml given IV push after infusion is over.



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NAD+: 100mg diluted in 10ml given as an IV push after infusion is over.

### **Osmolarity:**

1L Normal Saline: 351 mOsm

500ml Normal Saline: 392 mOsm

### **Detoxification Mixture:**

Magnesium Chloride 200mg/ml: 3ml

Selenium 60mcg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml

Glutathione 200mg/ml: 4ml via IV push after infusion is over.

### **Osmolarity:**

1L Normal saline: 355 mOsm

500ml Normal Saline: 398 mOsm

### **Anti-Stress Mixture**

Magnesium Chloride 200mg/ml: 3ml

Calcium Chloride 100mg/ml: 5ml

Methylcobalamin 5mg/ml: 1ml

B Complex 100: 3ml

Ascorbic Acid 500mg/ml: 5ml



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Selenium 60mcg/ml: 1ml

Glutathione 200mg/ml: 5ml via IV push after infusion is over.

### **Osmolarity:**

1L Normal Saline: 360 mOsm

500ml Normal Saline: 407 mOsm

### **Anti-Aging/Skin-Aging Mixture**

B Complex 100: 1ml

Ascorbic Acid 500mg/ml: 5ml

Selenium 60mcg/ml: 1ml

Biotin 10mg/ml: 0.5ml

Glutathione 200mg/ml: 3ml via IV push after infusion is over.

Alpha Lipoic Acid 25mg/ml: 10ml given in a separate 500ml NS bag after infusion is over.

### **Osmolarity:**

1L Normal Saline: 339 mOsm

500ml Normal Saline: 367 mOsm

### **Acne Mixture**

B Complex 100: 1ml

Ascorbic Acid 500mg/ml: 5ml



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Zinc 10mg/ml: 1ml

Selenium 60mcg/ml: 1ml

Biotin 10mg/ml: 0.5ml

Glutathione 200mg/ml: 3ml via IV push after infusion is over.

Alpha Lipoic Acid 25mg/ml: 10ml given in a separate 500ml NS bag after infusion is over.

Optimize Vitamin D levels to the 40-60 range as well!

### **Osmolarity:**

1L Normal Saline: 339 mOsm

500ml Normal Saline: 367 mOsm