

IV HYDRATION THERAPY

What is IV hydration therapy?

IV therapy is a therapeutic treatment that delivers fluids directly into your bloodstream to rehydrate and revive your body. IV hydration bypasses the digestive system so vitamins, electrolytes, and antioxidants are absorbed much more quickly and completely than when taken orally. By allowing fluids to circulate quickly through your body, IV hydration therapy rapidly replenishes fluids in a way that drinking fluids cannot.

Am I candidate for IV hydration therapy?

Most people are candidates for IV hydration; schedule a consultation to learn more.

Is IV hydration therapy safe?

Yes! IV hydration therapy is safe and sterile.

Does IV hydration therapy hurt?

Typically, treatments are painless, and most patients report feeling just a pinch as the needle enters the vein.

I am pregnant so can I get IV hydration therapy?

Most IV hydration treatments are safe for pregnant women, however approval is needed from your OB-GYN prior to administration.

How long does IV hydration therapy take?

Most IV hydration treatments take 45-60 minutes to complete. Many times, these can be done at the same time as other Oasis treatments!

Is IV hydration therapy effective?

Yes! IV hydration therapy delivers essential nutrients, antioxidants, and amino acids directly into the bloodstream. When vitamins are taken by mouth, only about 50% of the vitamin is absorbed into your system. Vitamins administered via IV are absorbed at a higher percentage, usually around 90%, which will allow you to feel the positive effects of the vitamins more quickly.



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WSNMMEDSPA.COM



IV HYDRATION THERAPY

What are the benefits of IV hydration therapy?

IV hydration therapy is completely customized for your body's needs. You get the perfect mix of fluids, electrolytes, and nutrients so you feel your best. You can have hydration IV therapy that focuses on:

- Athletic Recovery
- Energy Boost
- Hangover Recovery
- Skin Care
- Anti-aging
- Immunity Boost
- Metabolism Boost
- Overall Wellness

Is there any downtime associated with IV hydration therapy?

IV infusions are non-surgical and minimally invasive. After treatment, you will be ready to return to work or other activities without any downtime.

How long until I feel the effects of IV hydration therapy?

This depends on how hydrated you are prior to treatment, but most people will feel the positive effects of the IV therapy immediately after their first treatment.

How long do the effects of IV hydration therapy last?

Everybody is different; depending on your current health, you could experience noticeable effects for up to 3-4 days after your treatment. Even if you don't "feel" effects immediately or over the next few days, you're still reaping the benefits.

How often can I receive IV Hydration therapy?

This will vary by person and is dependent upon your hydration needs and desired outcome. Our staff will discuss treatment options with you and will tailor a plan that is right for your individual needs.



TYPES OF IV HYDRATION

MYERS' COCKTAIL:

This is formulated to boost immunity, reduce fatigue & chronic exhaustion, fight infection, increase energy, and improve overall wellness.

Includes: Vitamin B Complex, Vitamin C, Magnesium, Calcium

Vitamin B Complex - B vitamins power the chemical reactions needed for many different bodily functions including making/repairing immune system antibodies and DNA.

Vitamin B complex includes all 8 B vitamins:

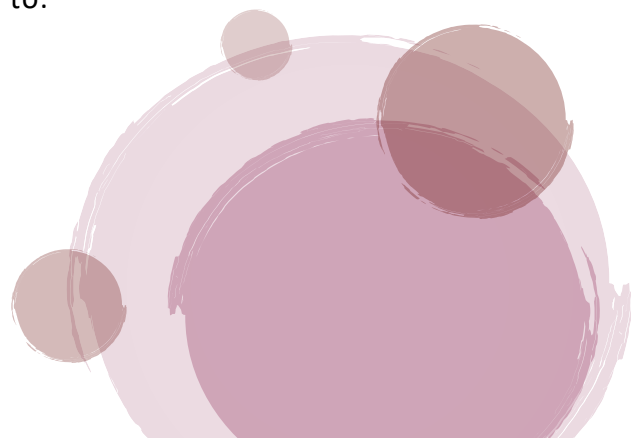
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- Vitamin B-6 (Pyridoxine)
- Vitamin B-7 (Biotin)
- Vitamin B-9 (Folate/Folic acid)
- Vitamin B-12 (Cobalamin)

More ways B vitamins play an important part in your overall health:

- Cellular metabolism and energy production
- Making new red blood cells
- Proper functioning of the brain and nervous system
- A healthy appetite and digestion
- Heart health

While each B vitamin has its own specific qualities, B complex prevents imbalances among them and allows individual B vitamins to work synergistically to:

- Break down fat and protein from food
- Convert carbs into energy
- Maintain digestive and oral health
- Support the health of your skin, hair, eyes and liver





IV therapy is an ideal way to make sure you are getting plenty of B complex vitamins and hydration. Essential nutrients are delivered directly to the bloodstream for optimal absorption.

Vitamin C - Essential for growth and repair of all the tissues in your body and is well known for strengthening the immune system and guarding against sickness.

Is vitamin C good for your skin?

Vitamin C does amazing things for your skin, acting as both a protective and healing agent. Vitamin C is necessary for collagen production and neutralizing free radicals in your skin. Free radicals damage skin causing wrinkles, discoloration, and other signs of aging.

Can Vitamin C IV therapy prevent cancer?

While it cannot cure cancer directly, studies have shown that higher levels of Vitamin C in the bloodstream are associated with decreased risk of:

- Breast Cancer
- Lung Cancer
- Prostate Cancer
- Colon Cancer
- Liver Cancer

Vitamin C and rheumatoid arthritis

Rheumatoid arthritis (RA) causes an abnormal immune system reaction leading to destruction of cartilage, joint linings and even bone. Researchers have found patients diagnosed with RA are typically deficient in vitamin C.

Magnesium - Magnesium is an essential mineral important for strong bones, heart health and energy production. Getting plenty of magnesium helps prevent many potential health problems like diabetes.

Other benefits include:

- Stronger bones and a lower risk of osteoporosis
- Proper absorption of calcium
- Improved insulin sensitivity and glucose metabolism
- Reduced risk of arrhythmia, hypertension & atherosclerosis
- Headache relief and prevention
- Decreased neuropathic pain



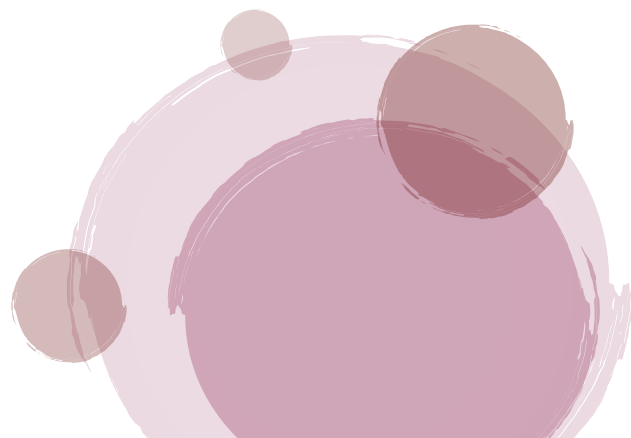
- Relief from PMS symptoms
- Reduced anxiety levels

Magnesium is also required to produce an enzyme called DAO which cleans up histamines. Reducing histamine levels is one way to treat seasonal allergy symptoms.

Calcium - Almost all calcium is stored in bones and teeth where it supports their structure and hardness. The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part.

Can calcium prevent osteoporosis?

Calcium supplements are standard for treating and preventing osteoporosis -- weak and easily broken bones -- and its precursor, osteopenia.





TYPES OF IV HYDRATION

IMMUNITY:

Strengthen your immune system with this combination of powerful antioxidants and vitamins that will help support and improve your immunity.

Includes: Vitamin C, Vitamin B12, Zinc and Lysine

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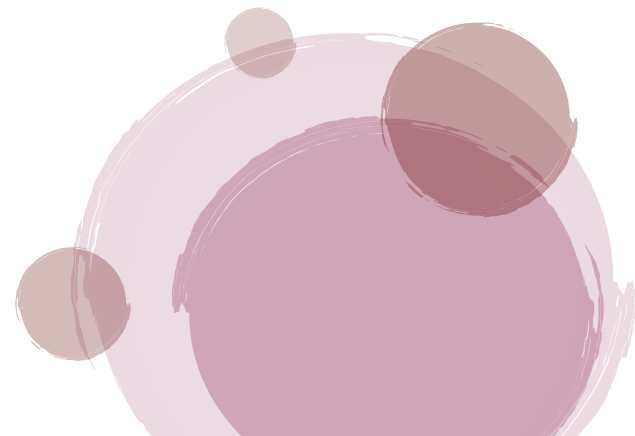
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Vitamin B12 for Weight Loss

Vitamin B12 helps your body metabolize fats and protein. B12 vitamin shots for weight loss supplement your healthy diet and exercise routine to help you shed those stubborn pounds. Along with boosting your metabolism and slowing down weight gain, B12 provides energy to motivate you to exercise.

B12 for Immunity

B12 is important for maintaining healthy immunity. It is essential for the creation of white blood cells, which protect your body from infections. If your vitamin B12 levels are too low, your white blood cells cannot do their job properly, and your immunity is compromised.

B12 and Joint Pain

Vitamin B12 injections reduce and relieve joint pain from carpal tunnel syndrome and arthritis as well as alleviate swelling and inflammation caused by bursitis.

Vitamin B12 for Muscle Growth & Recovery

Bodybuilders, athletes, and anyone seeking to build or maintain lean muscle mass will benefit from regular B12 injections. B12 helps your body break down the protein you eat so the amino acids can be used to repair and build muscle tissue. B12 is also essential for making the red blood cells carrying oxygen and nutrients to your muscles.

Zinc – Is an essential mineral that supports your health with inflammatory response, wound healing, and collagen synthesis. Helps prevents the virus that causes common colds from replicating.

Zinc can help keep you healthy

Not getting enough zinc can weaken the immune system, leaving you more vulnerable to infections from viruses, bacteria, and other pathogens. Zinc fights oxidative stress, stimulates specific immune cells, and can even reduce how long you are sick.



Zinc reduces inflammation

Zinc is an antioxidant, meaning it decreases oxidative stress, and has been shown to diminish inflammatory protein markers.⁴

Oxidative stress and inflammation have been associated with a wide range of chronic diseases and conditions including heart problems, cancer and cognitive function.⁵ Preventing chronic inflammation and its associated diseases is immensely important in terms of improving and protecting your overall health.

Lysine - Is an essential amino acid, an organic compound molecule used to make proteins and synthesize hormones.

Lysine and viral infections

Studies have shown that, in tandem with a low-arginine diet, lysine supplementation can help prevent and treat viral infections by blocking the arginine viruses use to thrive.

Lysine benefits for skin and hair

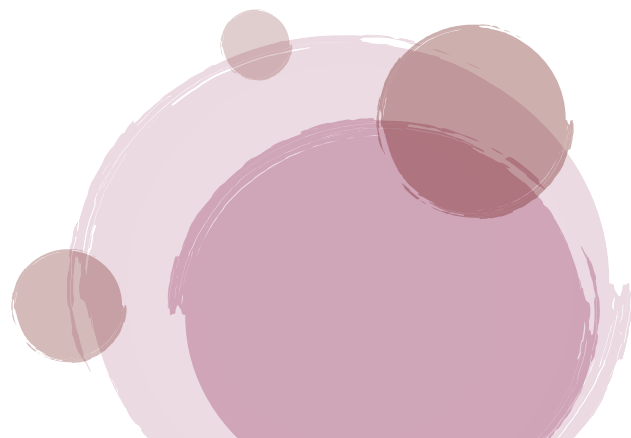
Lysine is one of the compounds your body uses to produce collagen, the protein responsible for keeping your skin firm and supple. Lysine also plays a critical role in wound healing.

Lysine benefits for stress and anxiety

Lysine helps reduce anxiety by blocking certain receptors involved in hormonal stress response. In one double blind randomized study of 108 healthy adults, research concluded that taking lysine supplements for just one week significantly reduced anxiety levels.

Lysine benefits for athletes

Lysine is a great supplement for athletes because it can help muscle tissue repair itself faster which reduces recovery time and muscle soreness between workouts.





TYPES OF IV HYDRATION

Recovery and Performance:

This is formulated to enhance fitness and muscle performance. It prevents muscle breakdown and supports cell volumizing and nitric oxide production, strengthens connective tissue and improves fat metabolism.

Includes: Vitamin C, Vitamin B Complex, Amino Blend and Mineral Blend

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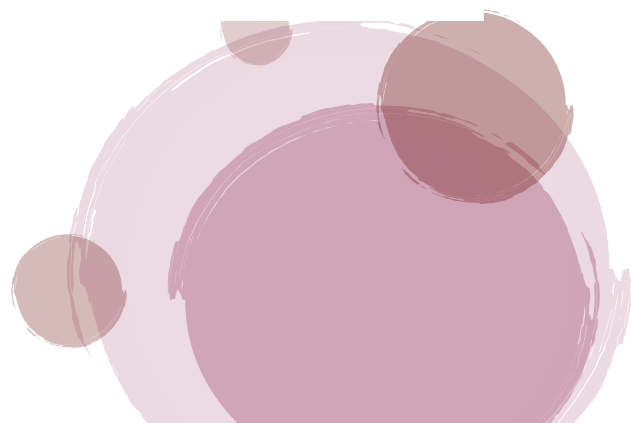
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- Vitamin B-1 (thiamine)
- Vitamin B-2 (Riboflavin)
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- Vitamin B-5 (Pantothenic acid)
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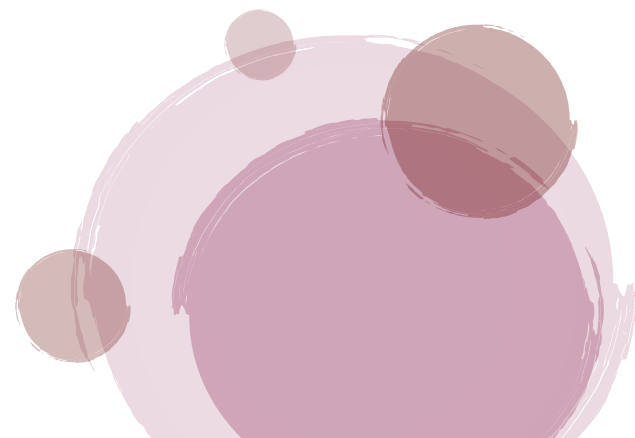
More ways B vitamins play an important part in your overall health:

- Cellular metabolism and energy production
- Making new red blood cells
- Proper functioning of the brain and nervous system
- A healthy appetite and digestion
- Heart health

While each B vitamin has its own specific qualities, B complex prevents imbalances among them and allows individual B vitamins to work synergistically to:

- Break down fat and protein from food
- Convert carbs into energy
- Maintain digestive and oral health
- Support the health of your skin, hair, eyes and liver

IV therapy is an ideal way to make sure you are getting plenty of B complex vitamins and hydration. Essential nutrients are delivered directly to the bloodstream for optimal absorption.





Amino Blend - This combination of amino acids may help boost metabolism, enhance energy levels, increase endurance, and help to burn calories and fat. Another benefit to taking this blend is that you will be receiving the essential and nonessential amino acids your body requires to stay healthy.

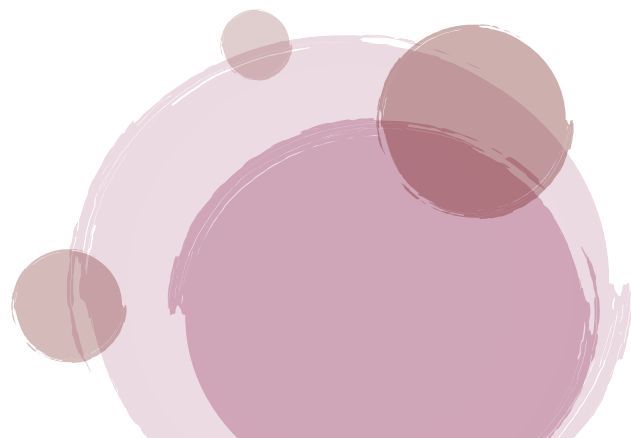
The amino acids within this blend include:

- Glutamine 30mg/mL
- Arginine 100mg/mL + Ornithine 50mg/mL
- Lysine 50mg/mL
- Citrulline 50mg/mL
- Carnitine 100mg/mL

Mineral Blend - This combination of minerals helps reverse the effects of dehydration, remove toxins, and replenish vitamins.

The minerals within this blend include:

- Magnesium Cl 80mg
- Zinc 1mg
- Manganese 0.02mg
- Copper 0.2mg
- Selenium 8mcg/ml





TYPES OF IV HYDRATION

Get Up and Go:

Formulated to burn fat, feel energized and boost your metabolism. It will help detox the liver, promotes tissue healing, decreases insulin resistance, and improves overall cell signaling functions.

Includes: Vitamin B Complex, Amino Blend

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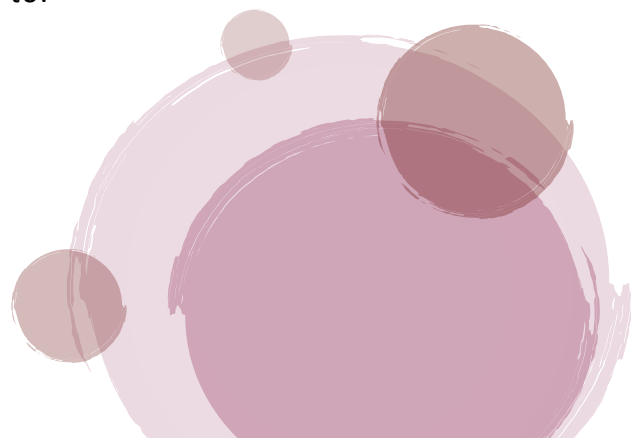
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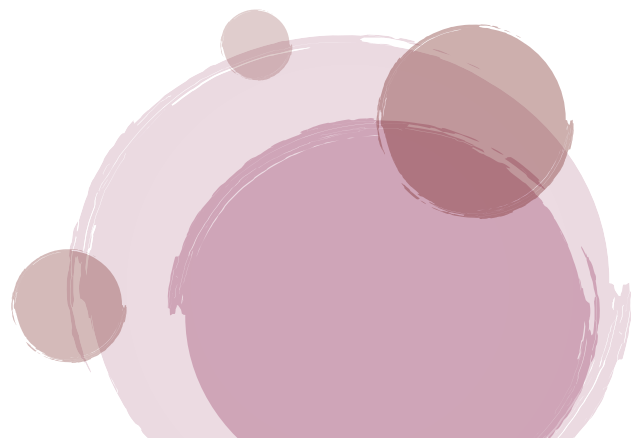
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TYPES OF IV HYDRATION

Alleviate: Formulated to help with PMS relief by minimizing bloating, irritability, abdominal discomfort, and lower back pain.

Includes: Calcium, Magnesium and Vitamin B Complex

Calcium Chloride - Calcium helps promote healthy bones and the normal functioning of muscles, nerves, and cells in the body.

Magnesium Chloride - Magnesium chloride can help expand immunity, decrease risk of developing migraines, improve relaxation and more.

Vitamin B Complex - B vitamins power the chemical reactions needed for many different bodily functions including making/repairing immune system antibodies and DNA.

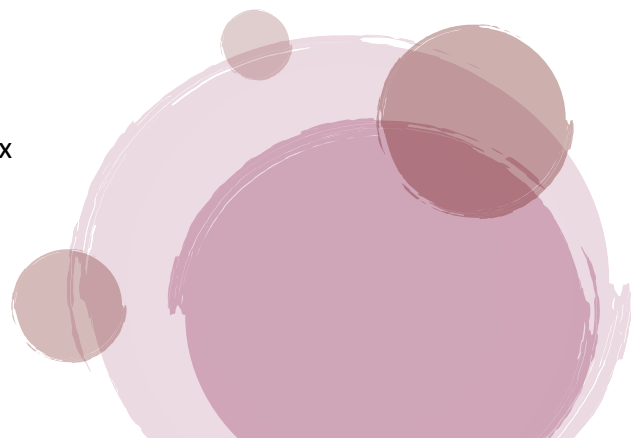
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Vitamin B12 for Weight Loss

Vitamin B12 helps your body metabolize fats and protein. B12 vitamin shots for weight loss supplement your healthy diet and exercise routine to help you shed those stubborn pounds. Along with boosting your metabolism and slowing down weight gain, B12 provides energy to motivate you to exercise.

B12 for Immunity

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B12 for Joint Pain

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TYPES OF IV HYDRATION

Inner Beauty: Fight acne, wrinkles, and tired skin from the inside out. Improve hair and nail growth, increase calcium absorption and production of antibodies.

Includes: Vitamin C, Vitamin B Complex, Biotin

Vitamin C-- Essential for growth and repair of all the tissues in your body and is well known for strengthening the immune system and guarding against sickness.

Is vitamin C good for your skin?

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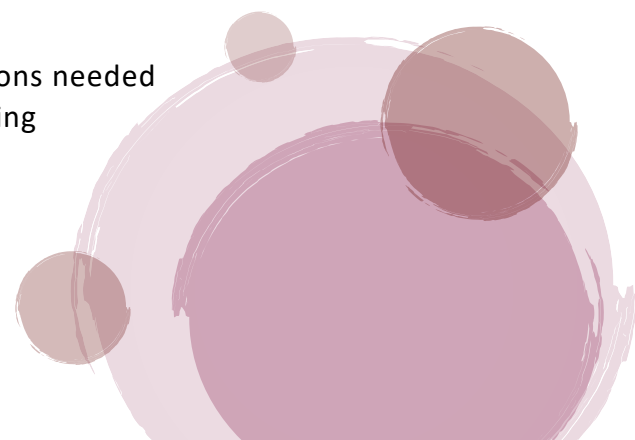
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- Vitamin B-1 (Thiamine)





- Vitamin B-2 (Riboflavin)
- Vitamin B-3 (Niacin)
- Vitamin B-5 (Pantothenic acid)
- Vitamin B-6 (Pyridoxine)
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- A healthy appetite and digestion
- Heart health

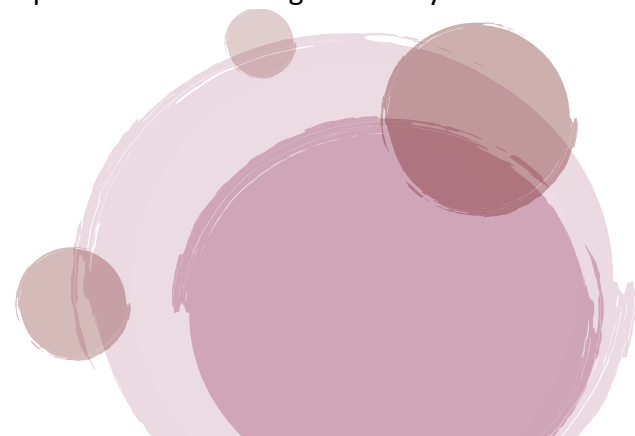
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Biotin - Biotin is also called vitamin B7. Like all B vitamins, it is water soluble which means your body cannot store any extra.

As one of the [B-complex vitamins](#), biotin plays a role in converting food into energy in the body. Getting enough biotin on a regular basis is an important part of maintaining a healthy metabolism.





Biotin for weight loss and digestive health

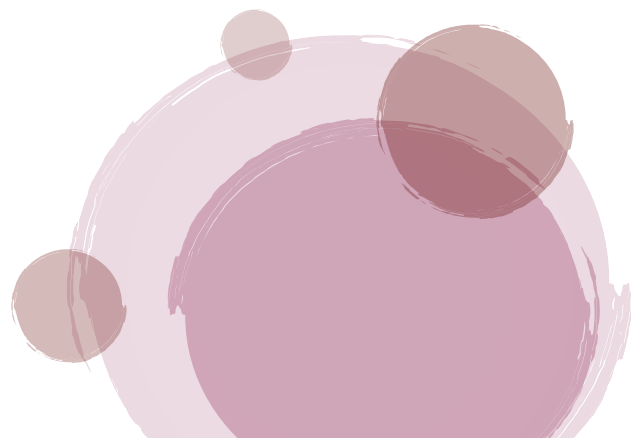
Biotin is needed for both production and function of enzymes that metabolize carbs, fats and protein. Biotin supports metabolic function and can elevate your resting metabolic rate (causing food to break down faster) when consumed.

While biotin on its own isn't considered a weight-loss supplement, it is an important part of a healthy diet and lifestyle to keep your metabolism humming (and love handles at bay). Staying hydrated is another important factor in any weight loss plan, meaning [IV therapy for weight loss](#) helps in more ways than one.

Biotin supports the health of your digestive system by helping regulate cholesterol and blood sugar levels. The digestive system also supports biotin – intestinal bacteria can produce biotin, which is one of the reasons why true biotin deficiency is so rare.

Biotin for hair, skin, and nail health

Biotin was once called vitamin H. The H came from *Harr und Haut* (hair and skin in German). Biotin has a reputation for helping improve the health of hair, skin and fingernails because it improves the structure of keratin. Keratin is the main protein hair, skin and nails are made of (also feathers, horns, hooves, and claws in animals). Biotin is involved in the protein synthesis that forms keratin, which explains why it is associated with strong and healthy hair, skin, and nails.





TYPES OF IV HYDRATION

Quench: Rehydrate your body and combat fatigue caused from dehydration with our Quench IV Kit. This Kit includes six treatments of premium-quality compounds designed to replenish the fluids needed for optimal wellness.

Includes: Vitamin C, Vitamin B Complex, Mineral Blend

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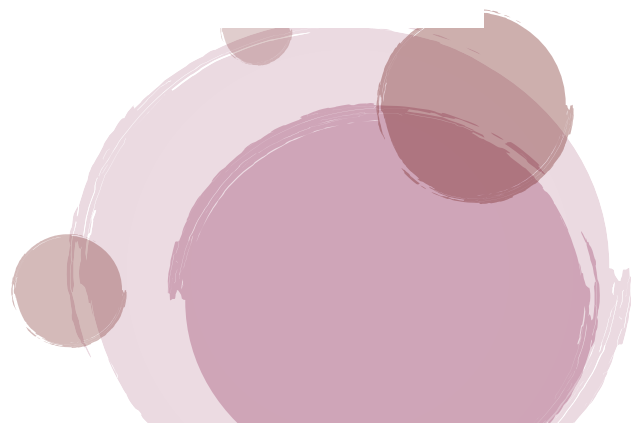
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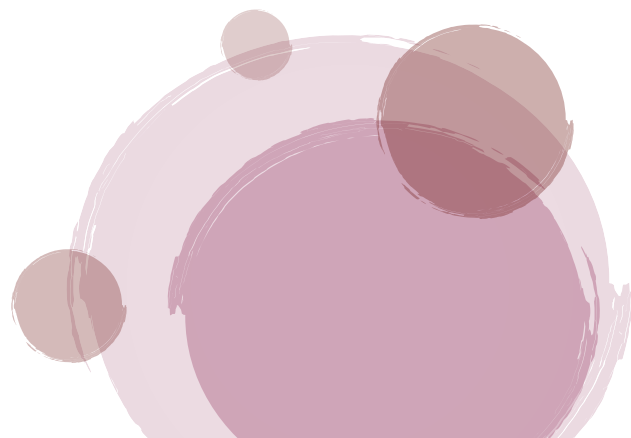
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Mineral Blend - This combination of minerals helps reverse the effects of dehydration, remove toxins, and replenish vitamins.

The minerals within this blend include:

- Magnesium Cl 80mg
- Zinc 1mg
- Manganese 0.02mg
- Copper 0.2mg
- Selenium 8mcg/ml





TYPES OF IV HYDRATION

Reboot: Replenish your body and combat hangover-related symptoms like dehydration, headache, and nausea with our Reboot IV Kit. This premix is one of our various IV nutrition therapy offerings and includes six treatments of premium-quality compounds designed to replenish the fluids needed for optimal wellness.

Includes: Vitamin B Complex, Mineral Blend, Anti-nausea medication

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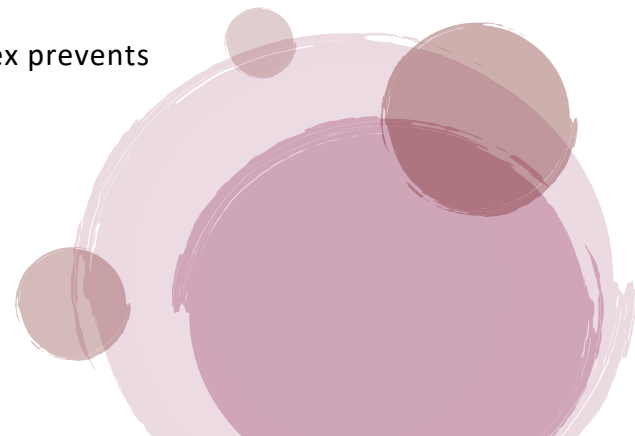
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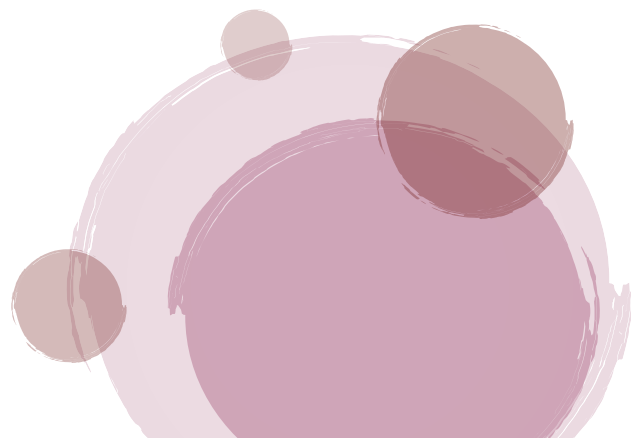


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- Magnesium Cl 80mg
- Zinc 1mg
- Manganese 0.02mg
- Copper 0.2mg
- Selenium 8mcg/ml

Antiemetic (anti-nausea)- Get fast relief to settle your stomach so you can rest and relax. This will help ease an upset stomach whether you are feeling queasy from a hangover, the flu or pregnancy.





TYPES OF IV HYDRATION

NAD+: NAD+ IV infusion treatments can help restore your brain's neuron function by helping cells regenerate and protect them against damage. This results in increased mental cognition, including better mental clarity, higher concentration, and enhanced memory function. Additional benefits include increased energy, increased metabolism, slows down the aging process and reduces internal inflammation.

Includes: NAD+, Vitamin B Complex, Vitamin C, Magnesium

NAD+ - NAD+, also known as Nicotinamide adenine dinucleotide, is a coenzyme found in all living cells and has even been called an anti-aging molecule because of the many important roles it plays in promoting health and prolonging lifespan.

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- Vitamin B-3 (Niacin)
- Vitamin B-5 (Pantothenic acid)
- Vitamin B-6 (Pyridoxine)
- Vitamin B-7 (Biotin)
- Vitamin B-9 (Folate/Folic acid)
- Vitamin B-12 (Cobalamin)

More ways B vitamins play an important part in your overall health:

- Cellular metabolism and energy production
- Making new red blood cells
- Proper functioning of the brain and nervous system
- A healthy appetite and digestion
- Heart health

While each B vitamin has its own specific qualities, B complex prevents imbalances among them and allows individual B vitamins to synergistically to:



Vitamin B12 - Vitamin B12 helps your body metabolize carbohydrates, protein & fat, converting the food you eat into glucose for energy. B12 is a fast natural treatment for fatigue, low energy, stubborn weight, or a sluggish metabolism.

Vitamin B12 for Weight Loss

Vitamin B12 helps your body metabolize fats and protein. B12 vitamin shots for weight loss supplement your healthy diet and exercise routine to help you shed those stubborn pounds. Along with boosting your metabolism and slowing down weight gain, B12 provides energy to motivate you to exercise.

B12 for Immunity

B12 is important for maintaining healthy immunity. It is essential for the creation of white blood cells which protect your body from infections. If your vitamin B12 levels are too low, your white blood cells cannot do their job properly, and your immunity is compromised.

B12 for Joint Pain

Vitamin B12 injections reduce and relieve joint pain from carpal tunnel syndrome and arthritis as well as alleviate swelling and inflammation caused by bursitis.

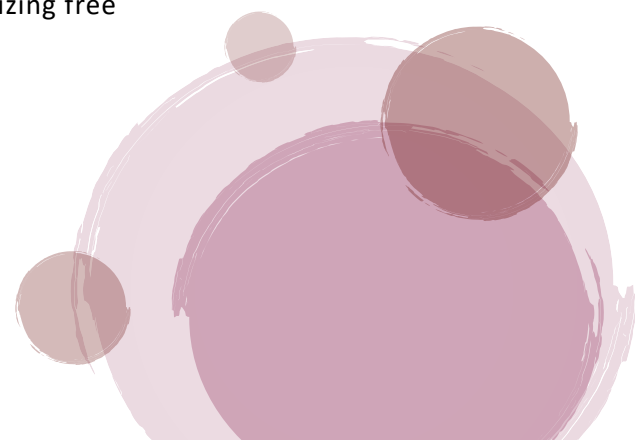
Vitamin B12 for Muscle Growth & Recovery

Bodybuilders, athletes, and anyone seeking to build or maintain lean muscle mass will benefit from regular B12 injections. B12 helps your body break down the protein you eat so the amino acids can be used to repair and build muscle tissue. B12 is also essential for making the red blood cells carrying oxygen and nutrients to your muscles.

Vitamin C - Essential for growth and repair of all the tissues in your body and is well known for strengthening the immune system and guarding against sickness.

Is vitamin C good for your skin?

Vitamin C does amazing things for your skin, acting as both a protective and healing agent. Vitamin C is necessary for collagen production and neutralizing free radicals in your skin. Free radicals damage skin causing wrinkles, discoloration, and other signs of aging.





Vitamin C IV therapy prevent cancer?

While it cannot cure cancer directly, studies have shown that higher levels of Vitamin C in the bloodstream are associated with decreased risk of:

- Breast Cancer
- Lung Cancer
- Prostate Cancer
- Colon Cancer
- Liver Cancer

Vitamin C and rheumatoid arthritis

Rheumatoid arthritis (RA) causes an abnormal immune system reaction leading to destruction of cartilage, joint linings and even bone. Researchers have found patients diagnosed with RA are typically deficient in vitamin C.

Magnesium - Magnesium is an essential mineral important for strong bones, heart health and energy production. Getting plenty of magnesium helps prevent many potential health problems like diabetes.

Other benefits include:

- Stronger bones and a lower risk of osteoporosis
- Proper absorption of calcium
- Improved insulin sensitivity and glucose metabolism
- Reduced risk of arrhythmia, hypertension & atherosclerosis
- Headache relief and prevention
- Decreased neuropathic pain
- Relief from PMS symptoms
- Reduced anxiety levels

Magnesium is also required to produce an enzyme called DAO which cleans up histamines. Reducing histamine levels is one way to treat seasonal allergy symptoms.

