

## IV MENU

### **Energize**

Tired of being tired? Our Energize IV optimizes key nutrients for mitochondrial function and energy production.

### **Headache Fix**

The Headache Fix includes minerals and vitamins that support circulation and ease muscle tension to reduce symptoms of chronic headaches or migraines.

### **Gut Repair**

Our Gut Repair IV includes anti-inflammatory vitamins, antioxidants, and minerals to support pathways involved in fat metabolism and healing of the gut lining.

### **Flu Fighter**

This IV stimulates the immune response to prevent bacteria and viral infections and support chronic fatigue syndrome.

### **Allergy Relief**

The Allergy Relief IV consists of vitamins with antihistamine properties to reduce seasonal allergy symptoms.

### **Detox**

Our Detox IV focuses on supporting detoxification pathways, liver function and glutathione production (a key antioxidant in the body).

### **Mood Boost**

The Mood Boost IV combines B vitamins and select minerals to reduce symptoms of depression and anxiety while supporting your adrenal glands.

## Peak Performance



This IV is geared towards athletes that require optimal performance for game day or competitions. Peak Performance includes amino acids and essential minerals necessary for muscle function and protein synthesis.

## The Healer



The Healer IV incorporates higher doses of vitamin C to enhance collagen synthesis and anti-inflammation. This IV is helpful for anyone recovering from a surgery or injury.

## The Reset



The Reset is for those chronically depleted due to malabsorption or a physical stressor. The Reset IV focuses on addressing underlying nutrient deficiencies while utilizing vitamins needed for sleep and immune health.

## Anti-ager



This IV incorporates all our favourite vitamins and minerals for skin health, collagen production and wound repair.

## Hormone Helper



The Hormone Helper combines vitamins that reduce symptoms of PMS and nutrients required for thyroid hormone production.

## Fertility



This IV can be tailored to women or men to support egg quality, sperm health and hormone balance.

## Cancer Care



High dose Vitamin C when combined with standard cancer care can reduce cancer symptoms, treatment side effects and improve quality of life.