

THE ULTIMATE GUIDE TO  
**IV Therapy**

HEALTH AND WELLNESS  
INJECTIONS & INFUSIONS



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THE JEWEL OF GREENWOOD VILLAGE

# About Vita Wellness Center & Spa

Welcome to Vita Wellness Center and Spa, an oasis of holistic wellness nestled in the heart of Greenwood Village, Colorado. Our mission is to promote a lifestyle that embodies health, wellness, confidence, beauty, and vitality in every aspect of your life. We aspire to inspire individuals to embark on a journey towards optimal health and well-being. This journey isn't just about physical transformations; it's about fostering a sense of inner confidence that radiates in your home, community, and workplace.

At Vita Wellness Center and Spa, we unveil a diverse palette of services tailored to enhance your holistic health. Our facials are crafted to address the full spectrum of skin needs, ensuring that whether you seek rejuvenation or a solution to acne, you'll emerge with a glow that's both radiant and revitalizing. Our esthetician Services are here to amplify your inherent allure and self-assuredness. Our Semaglutide Weight-loss Program is your ally in weight management, while our personalized Fitness Coaching sessions are designed to elevate your fitness aspirations, encouraging a vibrant and active way of life. And let's not forget our IV Therapy Injections, a formidable arsenal against the myriad conditions that can hinder your performance and diminish your quality of life.

Vita Wellness Center and Spa transcends the ordinary spa- a sanctuary where health, confidence, and wellness converge. Our dedication to promoting a lifestyle of holistic well-being, along with our array of tailored services, aims to empower you on your unique wellness journey. Invest in yourself, prioritize your health, and embark on a journey towards a life filled with vitality and confidence.

**LIVE A HEALTHIER LIFE**

INTRODUCTION

# What Is IV THERAPY?

Vitamin therapy is a tool by which licensed medical professionals administer vitamins and minerals directly into the bloodstream via intravenous infusions. It is an effective and efficient treatment used to replenish the body as it provides 100% absorption into the bloodstream.

Clients who can benefit from regular IV therapy and treatments, include but are not limited to those with autoimmune disorders, inflammatory gut issues, business professionals, athletes, and people who want to live healthier lifestyles.



## **Can't I drink more water?**

Sure you can! However, when we drink fluids it passes through the digestive system, losing vitamins and minerals before the body has a chance to absorb them. IV Therapy provides an immediate injection into the blood, for an immediate benefit to the body!

IV THERAPY

## Additional Benefits

IV therapy is a game-changer for boosting your health in a whole new way. Imagine giving your body a supercharged cocktail of hydration and nutrients straight into your veins! This means you get the good stuff — like vitamins and minerals — faster and more directly than ever. It's perfect for bouncing back after a tough workout, beefing up your immune defenses, or detoxing your system. With IV therapy, you're not just swallowing supplements and hoping for the best; you're taking wellness to the next level and feeling vibrant from the inside out.

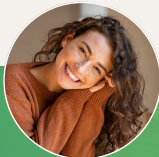
**Hydration Boost:** When recovering from a stomach bug, you may struggle to retain fluids orally but can benefit greatly from IV hydration, preventing dehydration, and supporting faster recovery.

**Nutrient Infusion:** A person with a vitamin deficiency or a busy professional needing an energy boost might receive a custom IV drip with vitamins B12 and C, magnesium, and glutathione for enhanced energy levels and immune support.

**Faster Recovery:** Athletes or those with an active lifestyle often use IV therapy to aid in post-workout recovery. A customized IV infusion containing amino acids, electrolytes, and fluids can help reduce muscle soreness and fatigue, enabling quicker recovery between intense training sessions.

**Improved Immune Function:** IV therapy can strengthen the immune system by providing a potent combination of vitamins and antioxidants. For instance, a high-dose vitamin C infusion can support immune function, potentially reducing the severity and duration of illnesses like the common cold or flu.

**Detoxification Support:** Some IV therapies can assist the body in eliminating toxins and supporting liver function. Individuals seeking to cleanse their system or recovering from a night of excess alcohol consumption might benefit from such IV treatments.



INGREDIENTS

# Amino Blend

Amino Blend is a combination of essential amino acids crucial for various bodily functions. This blend supports muscle growth, aids in recovery, and assists in maintaining overall health and vitality for optimal physical performance.

## *Overall Health Benefit*

Amino Blend in IV therapy services can vary, but it typically includes individuals who are looking to optimize their health and wellness such as Athletes, individuals recovering from surgery, busy professionals and individuals with digestion issues.

## *Best Suited For*

- Athletes and Fitness Enthusiasts
- Busy Professionals who need an effective way to combat fatigue
- Individuals recovering illness or injury



*Recommended Drip*  
Beast Mode Performance

INGREDIENTS

## Vitamin B-12 Hydroxocobalamin

Hydroxocobalamin is an injectable vitamin B12 used to prevent and treat macrocytic anemia associated with vitamin B12 deficiency. It may also be part of therapy to treat Leber Optic Atrophy (an inherited optic neuropathy associated with a deficiency in vitamin B12).

## Vitamin B-12 Methylcobalamin

Methylcobalamin is a naturally occurring form of vitamin B12 (also known as cobalamin). This vitamin plays essential roles in your body, including in DNA production, forming red blood cells, and ensuring your nervous system is functioning properly.

### *Best Suited For*

- Individuals experiencing allergy symptoms
- Individuals seeking relief from cold symptoms
- Individuals seeking relief from insomnia or sleep disorders
- Older adults
- Vegans or vegetarians



### *Recommended Drip*

Meyer's cocktails with B12

INGREDIENTS

# Vitamin B-Complex

B-Complex comprises several B vitamins crucial for energy production, metabolism, and nervous system health. This blend supports cell growth, enhances mood, and aids in the conversion of food into energy, contributing to overall vitality and well-being.

## *Overall Health Benefit*

When administered intravenously or intramuscularly, B Complex injections can increase your energy level, reduce migraine symptoms, increase nervous system function and even promote healthy pregnancies.

## *Best Suited For*

- Individuals seeking an energy boost
- Individuals following a plant-based diet
- Athletes and fitness enthusiasts



*Recommended Drip*  
Get Up & Go

INGREDIENTS

# Benadryl

Benadryl, also known as Diphenhydramine, is an antihistamine. It blocks histamines and acetylcholine- substances your body creates when you have an allergic reaction or have certain illnesses. By blocking these substances, Benadryl can help reduce some symptoms.

## *Overall Health Benefit*

Benadryl is often used to reduce symptoms of hay fever, colds, and allergies. It has been used to reduce common symptoms of these conditions, including itchy eyes, rash, cough, runny nose, itchy nose, watery eyes, itchy throat, and sneezing.

## *Best Suited For*

- Individuals experiencing allergy symptoms
- Individuals seeking relief from cold symptoms
- Individuals seeking relief from insomnia or sleep disorders



INGREDIENTS

# Biotin

Biotin is a water-soluble vitamin and is essential for metabolizing fats, carbohydrates, and proteins in the body. It plays a pivotal role in maintaining healthy hair, skin, and nails, promoting their strength and overall well-being.

## *Overall Health Benefit*

Biotin is often associated with supporting the health of hair, skin, and nails. It's a common ingredient in many beauty supplements due to its role in promoting stronger, healthier hair and nails, and maintaining skin health. Biotin helps to maintain the integrity of the skin by contributing to processes involved in skin health, repair, and maintenance.

## *Best Suited For*

- Individuals desiring overall hair, skin, and nail health and growth
- Individuals diagnosed with Multiple Sclerosis
- Pregnant and breast-feeding women



INGREDIENTS

# Vitamin C

This essential nutrient aids in wound healing and plays a vital role in overall health by combating free radicals and boosting the immune system's resilience!

## *Overall Health Benefit*

When administered intravenously, Vitamin C can provide the body an immediate and effective immune boost which is important in the early stages of infection. Vitamin C is often used along with glutathione, another potent antioxidant, to improve skin appearance.

## *Best Suited For*

- Individuals desiring to bolster their immune system
- Cold and Flu Season preparation
- Healthy skin and anti-aging enthusiasts



INGREDIENTS

# Vitamin D3

D3 is a form of Vitamin D that regulates calcium absorption and supports bone health, and immunity and muscle function. It plays a pivotal role in maintaining strong bones and overall immune system resilience.

## *Overall Health Benefit*

Vitamin D3, often referred to as the "sunshine vitamin," plays a fundamental role in numerous bodily functions, making its overall benefits multifaceted and essential for overall health. Moreover, adequate levels of vitamin D3 are associated with improved mood and mental health, potentially reducing the risk of depression and supporting cognitive function.

## *Best Suited For*

- Individuals with bone health conditions
- Individuals with severe vitamin D deficiencies
- Individuals with chronic kidney disease and mental health conditions



*Recommended Drip*  
Immunity Booster

INGREDIENTS

# Glutathione

Glutathione is a potent antioxidant that plays a crucial role in detoxification and immune system support. It combats oxidative stress, helps remove toxins, and supports overall cellular health, contributing to enhanced immunity and vitality.

## *Overall Health Benefit*

When administered intravenously, Glutathione aids in tissue building and repair. Regular consumption of Glutathione is believed to slow down the skin-aging process, manage chronic stress and fight against metal and drug poisoning.

## *Best Suited For*

- Skin and beauty enthusiasts
- Anti-aging enthusiasts
- Individuals looking to boost immunity



*Recommended Drip*  
Myer's Cocktail

INGREDIENTS

# L-Carnitine

L-Carnitine is an amino acid that aids energy production by transporting fatty acids cell's mitochondria. It supports fat metabolism, enhances exercise performance and contributes to overall well-being.

## *Overall Health Benefit*

When administered intravenously, L-carnitine can help visibly reduce excess fat, particularly in the stomach and love handles, which is an area that a lot of people struggle to lose weight in. L-carnitine helps to improve athletic performance by reducing fatigue and reducing recovery time, and muscle soreness.

## *Best Suited For*

- Athletes and fitness enthusiasts
- Individuals focused on weight-loss and management
- Individuals following a plant-based lifestyle



*Recommended Drip*  
Beast Mode Performance

INGREDIENTS

# Magnesium

Magnesium is a mineral crucial for muscle and nerve function, energy production, and bone health. It regulates hundreds of biochemical reactions in the body, supporting overall well-being and maintaining physiological balance.

## *Overall Health Benefit*

Magnesium, often referred to as the "master mineral," is involved in over 300 biochemical reactions within the body. The multifaceted benefits of magnesium underscore its significance in maintaining overall health, from supporting bone strength and muscle function to cardiovascular health, stress management, energy production, and mental well-being. Ensuring adequate magnesium intake is crucial for optimizing these diverse functions and promoting overall vitality and wellness.

## *Best Suited For*

- Individuals suffering from migraines and headaches
- Individuals suffering from chronic fatigue
- Individuals with gastrointestinal conditions



*Recommended Drip*  
Get Up And Go

INGREDIENTS

## Methionine, Inositol, Choline (MIC) Lipolean

MIC/Lipolean is a blend of amino acids and nutrients aiding in fat metabolism and liver health. This combination supports the breakdown of fats, helps remove toxins from the liver, and promotes weight management and overall wellness.

### *Overall Health Benefit*

This injection contains amino acids designed to help those who are working toward a weight loss goal or maintaining a specific weight. This injection aids in stress reduction and combat mental and physical fatigue.

### *Best Usage*

- Lose 10lbs-15lbs use 3x per week
- Lose 5lbs-10lbs use 2x per week
- Lose 1lbs-5lbs use 1x per week



*Recommended Drip  
Myer's Cocktail*

INGREDIENTS

# NAD+

NAD+ is a coenzyme essential for energy production and cellular repair. It plays a critical role in maintaining healthy mitochondria, the cell's powerhouse, promoting overall energy levels and supporting various metabolic functions.

## *Overall Health Benefit*

When administered intravenously, NAD+ can help reduce inflammation, joint pain, improve immunity and help with mental clarity, reduce the onset of depress and anxiety and improve sleep by regulating circadia rhythm.

## *Best Suited For*

- Individuals combating chronic fatigue
- Improved neurological function
- Individuals looking to improve overall health



*Recommended Drip*  
The Hangover

INGREDIENTS

# Toradol

Toradol is a potent nonsteroidal anti-inflammatory drug (NSAID) used to alleviate moderate to severe pain. It works by reducing inflammation and blocking pain signals, providing relief and improving quality of life.

## *Overall Health Benefit*

When administered intravenously, Toradol works within minutes and can last between 6-8hrs. The anti-inflammatory properties of Toradol proves useful for helping manage pain related conditions such as migraines, severe cramps ad muscle aches.

## *Best Suited For*

- Individuals suffering from migraines and headaches
- Individuals suffering from chronic fatigue
- Individuals with gastrointestinal conditions



*Recommended Drip*  
Myer's Cocktail

INGREDIENTS

# Tri-immune

Tri-Immune is a blend of essential nutrients and antioxidants supporting the immune system. This combination bolsters immune defenses, aids in fighting infections, and promotes overall wellness, providing a robust shield against illnesses.

## *Overall Health Benefit*

Tri-Immune is a supplement that often combines three essential nutrients to support immune function and overall health. The combination of these key nutrients offers multifaceted benefits for immune system support. Tri-Immune's blend of these vital nutrients works synergistically to enhance immune function and aid in overall health maintenance. As a result, it's often sought after for its defenses against various infections and supporting optimal immune health.

## *Best Suited For*

- Individuals experiencing allergy symptoms
- Those with seasonal allergies
- People seeking relief from cold symptoms



INGREDIENTS

# Zinc

Zinc is an essential mineral crucial for immune function, wound healing, and DNA synthesis. It supports a healthy immune response, aids in healing processes, and contributes to overall health and well-being

## *Overall Health Benefit*

Its multifaceted roles in immune function, metabolism, growth, wound healing, sensory perception, and antioxidant defense highlight the significance of maintaining adequate zinc levels for overall health and well-being. Ensuring sufficient intake of this essential mineral is vital for supporting various bodily functions and maintaining optimal health throughout life.

## *Best Suited For*

- Individuals experiencing allergy symptoms
- Those with seasonal allergies
- People seeking relief from cold symptoms



*Recommended Drip*  
The Immunity Booster

INGREDIENTS

# Ondansetron (Zofran)

Ondansetron is an anti-nausea medication that helps alleviate nausea and vomiting. It works by blocking serotonin receptors in the brain, providing relief for various conditions causing nausea, promoting comfort and well-being.

## *Overall Health Benefit*

When administered intravenously, Ondansetron can act rapidly, providing relief from nausea and preventing vomiting within a relatively short period. By reducing or preventing vomiting, Ondansetron helps in maintaining hydration, which is crucial during illnesses or medical treatments where dehydration is a concern.

## *Best Suited For*

- Individuals experiencing allergy symptoms
- Those with seasonal allergies
- People seeking relief from cold symptoms



## Vita Wellness IV Therapy Packages

### Get Up & Go

Revitalize with a potent infusion of energy-boosting elements and essential hydration, providing the perfect kickstart for increased vitality and endurance.

- Normal Saline, Vitamin B Complex, Amino Blend.
- Customizable with any of our "add-ins."
- Vagaro Pay Later option available\*

### The Hangover

Crafted to effectively alleviate hangover symptoms, this premium package offers a potent mix of vitamins and nutrients for rapid rehydration, which combat feelings of nausea, cyclic vomiting syndrome, food poisoning, and more.

- Vitamin B Complex, Vitamin B12, Vitamin C, Glutathione, Zinc, & Zofran
- Customizable with any of our "Add-ins."
- Vagaro Pay Later option available\*

### Immunity Booster

Fight cold, flu, and pain symptoms while strengthening your immune system, offering relief and support for a quicker recovery and enhanced wellness.

- Normal Saline, Vitamin C, Zinc, Intramuscular Vitamin D3 shot
- Customizable with any of our "Add-ins"
- Vagaro Pay Later option available\*

## Inner Beauty (Hair, Skin & Nails)

Rejuvenate your Hair, Skin, and Nails from within! This solution eliminates fine lines and wrinkles, hydrates the body, and restores your skin's natural glow.

- Normal Saline, B Vitamins, Vitamin C, Zinc, Biotin
- Customizable with any of our "add-ins."
- Vagaro Pay Later option available\*

## Beast Mode Performance+

Maximize athletic prowess, shorten recovery periods, and tackle fatigue head-on with this tailored infusion, crafted to optimize physical performance and endurance.

- Vitamin B Complex, Vitamin B12, Normal Saline, Glutamine, Vitamin C, Amino Blend, Arginine
- Customizable with any of our "Add-ins"
- Vagaro Pay Later option available\*

## Myer's Cocktail

Myers' Cocktail, a blend of vitamins and minerals, is administered to boost energy, improve immunity, and relieve symptoms like fatigue or dehydration. This is a promising solution for those seeking pain relief and robust wellness.

- Normal Saline, Vitamin B Complex, Vitamin B12, Vitamin C, Glutathione, Zinc, Magnesium, Calcium
- Customizable with any of our "Add-ins"
- Vagaro Pay Later option available\*