



Your Whole Health, Our Whole Focus

Regain Your Health Clinic

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205 E Ridgeville Blvd, 2nd Floor, Mount Airy, MD 21771

Transformative IV Therapy: Prices & Details

Offered by Regain Your Health Medical Clinic:

We believe healthcare should be **accessible, personalized, and transparent**. Our Transformative IV Therapy Program and Individualized Integrative Medicine approach provides unparalleled access to high-quality care tailored to your unique personal health goals.

Whether you're managing chronic conditions, optimizing your health, or seeking preventive care, we're here to support you every step of the way.

A Word About Our Approach:

We want to emphasize that truly living healthy, whether incorporating targeted intravenous support or not, starts with embracing a **Healthy Lifestyle First & Foremost**. Our goal isn't to recommend IV therapy merely to treat isolated symptoms or complicate your health journey. Instead, we focus on ensuring that any targeted nutrient delivery you choose is meaningful and genuinely contributes to your overall well-being when integrated with healthy habits. With so much information available today regarding vitamins, minerals, and wellness treatments, it's easy to feel pressure to try various options, potentially overloading your system without real benefit.

That's why we're here – to help guide you through understanding how targeted IV therapy can potentially support your wellness goals in conjunction with your foundational healthy lifestyle, enabling you to make informed decisions that truly benefit your well-being. Ultimately, you will be the most insightful judge of your own progress and how different modalities, including targeted IV support, feel best for your body.

Getting Started:

IV Therapy Plan Overview

IV therapy delivers fluids, electrolytes, vitamins, and other nutrients directly into the bloodstream, allowing for rapid absorption. Different formulations are designed to target specific health and wellness goals.



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Specific Treatment Formulations & Benefits:

- **Hydration IV (\$109.00):** Provides fluids and electrolytes for rehydration and restoring balance.
 - **Key Ingredients:** Fluids, electrolytes (e.g., sodium, potassium, chloride).
 - **Primary Purpose:** Replenish hydration and restore electrolyte balance.
 - **Common Uses:** Dehydration from illness (vomiting, diarrhea), excessive sweating (exercise, heat), insufficient fluid intake.
 - **Potential Benefits:** Improved energy, reduced fatigue, better organ function, headache relief.

- **Immunity Boost IV (\$129.00):** Contains Vitamin C, Magnesium, and B-Complex vitamins to support immune function.
 - **Key Ingredients:** Vitamin C, Magnesium, B-Complex vitamins (e.g., B1, B2, B3, B5, B6).
 - **Primary Purpose:** Strengthen the immune system and support overall wellness.
 - **Common Uses:** Cold and flu prevention/recovery, pre/post-travel, periods of high stress.
 - **Potential Benefits:** Enhanced immune cell function, reduced oxidative stress, increased energy levels, support for adrenal function.

- **NAD+ IV Therapy (\$149.00 - 125 mg; \$199 - 250 mg; \$299 - 500 mg):** Contains Nicotinamide adenine dinucleotide.
 - **Health Benefits:** NAD+ is a coenzyme found in all living cells that plays a crucial role in energy metabolism, DNA repair, and cellular regeneration. Therapy may support anti-aging, cognitive function, and energy levels. This treatment may require a consultation.
 - **Key Ingredients:** Nicotinamide Adenine Dinucleotide (NAD+).
 - **Primary Purpose:** Cellular regeneration, energy metabolism, DNA repair.
 - **Common Uses:**
 - Anti-aging support
 - Neurodegenerative support (e.g., improving cognitive function)
 - Chronic fatigue syndrome
 - Addiction recovery (may help reduce cravings and withdrawal symptoms)
 - Enhanced athletic performance and recovery
 - Improved mental clarity and focus



- **Potential Benefits Detail:**
 - **Cellular Health & Anti-Aging:** NAD⁺ is a critical coenzyme in cellular energy production (ATP). Levels naturally decline with age; supplementation aims to restore these levels, potentially slowing aspects of the aging process at a cellular level. It activates sirtuins, a class of proteins involved in cellular health, stress resistance, and longevity pathways.
 - **Energy Metabolism:** Essential for converting food into usable energy (ATP), thus may combat fatigue and significantly boost overall energy levels.
 - **Neuroprotection & Cognitive Function:** Plays a vital role in maintaining neuronal health and synaptic plasticity. IV therapy may support and enhance cognitive functions such as focus, memory, concentration, and mental clarity. It is being researched for its potential benefits in various neurodegenerative conditions.
 - **DNA Repair:** Crucial for activating enzymes (like PARPs) that repair damaged DNA, helping to prevent mutations, maintain genomic stability, and support cellular health.
 - **Reduced Inflammation:** May help modulate inflammatory pathways in the body, contributing to overall health and disease prevention.
 - **Addiction Recovery Support:** Some clinics utilize NAD⁺ therapy to help reduce withdrawal symptoms and cravings during detoxification from substances like alcohol and opioids, potentially by restoring neurotransmitter balance and repairing cellular damage.
- **Administration:** Typically administered as a slow IV infusion over several hours (e.g., 2-6 hours, depending on dosage) due to potential side effects like flushing, mild nausea, or chest pressure if infused too rapidly. A series of treatments is often recommended for optimal results.
- **Requires consultation:** Due to its potent systemic effects and the need to assess individual suitability, pre-treatment consultation is essential.
- **Glutathione IV Push (\$39.00):** Primarily delivers Glutathione.
 - **Health Benefits:** Provides a direct infusion of this master antioxidant, supporting detoxification processes and cellular protection.
 - **Key Ingredients:** Glutathione (a tripeptide composed of three amino acids: cysteine, glutamic acid, and glycine).
 - **Primary Purpose:** Master antioxidant, primary detoxification agent, immune system modulation, and skin health enhancement.



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- **Common Uses:**
 - **Systemic Detoxification Support:** Aids the liver in Phase I and Phase II detoxification pathways, helping to neutralize and eliminate toxins, heavy metals (like mercury), pesticides, and metabolic byproducts.
 - **Reducing Oxidative Stress & Cellular Damage:** Combats free radical damage implicated in aging, chronic diseases (e.g., cardiovascular, neurodegenerative), and inflammation.
 - **Immune System Enhancement & Regulation:** Supports lymphocyte function, protects immune cells from oxidative damage, and helps balance the immune response.
 - **Skin Brightening & Anti-Aging:** May reduce hyperpigmentation (age spots, melasma) and improve overall skin complexion by inhibiting tyrosinase (an enzyme involved in melanin production) and reducing oxidative damage to skin cells.
 - **Support for Neurodegenerative Conditions:** Being explored for its potential to protect brain cells from oxidative stress in conditions like Parkinson's disease and Alzheimer's disease.
 - **Respiratory Conditions:** Can help break down mucus and reduce inflammation in the lungs (e.g., in asthma, chronic bronchitis).
 - **Improving Insulin Sensitivity & Metabolic Health:** Some research suggests it may play a role in improving insulin action and reducing oxidative stress associated with metabolic disorders.
 - **Athletic Performance & Recovery:** May help reduce exercise-induced oxidative stress and support muscle recovery.
- **Potential Benefits Detail:**
 - **"Master Antioxidant":** Protects cells from damage by directly neutralizing free radicals and reactive oxygen species, and also recycles other antioxidants like Vitamin C and E.
 - **Enhanced Detoxification:** Crucial for the body's ability to bind and excrete harmful substances, thereby reducing toxic burden.
 - **Improved Immune Response:** Helps immune cells function optimally and protects them from damage during an immune response.
 - **Skin Health & Appearance:** Can lead to a brighter, more even skin tone, reduce the appearance of blemishes, and contribute to a youthful glow by combating oxidative stress.
 - **Reduced Systemic Inflammation:** Helps modulate inflammatory responses throughout the body, which is beneficial for many chronic conditions.



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- **Increased Energy & Reduced Fatigue:** By protecting mitochondria (the energy powerhouses of cells) from oxidative damage and supporting efficient energy production.
- **Administration:** Often given as a slow IV push directly into the vein. This method is preferred because glutathione can be less stable when mixed in an IV bag with other nutrients for extended periods.
- **Considerations:** Oral glutathione supplements are generally poorly absorbed by the body, making IV administration or liposomal forms significantly more effective for raising systemic glutathione levels. Some individuals, particularly those with a high toxic load, may experience a temporary Herxheimer reaction (e.g., fatigue, headache, mild flu-like symptoms) as toxins are mobilized for excretion. This is usually transient.
- *Consultation may be advised:* To discuss individual needs and suitability, especially if addressing specific health concerns.

B12 Intramuscular Injection (\$39.00): Delivers a direct dose of Vitamin B12 (cyanocobalamin or methylcobalamin).

Health Benefits: B12 is essential for nerve function, red blood cell formation, and DNA synthesis. Injections bypass the digestive system for maximum absorption, making them highly effective for correcting deficiencies and boosting energy.

Key Ingredients: Vitamin B12.

Primary Purpose: Boost energy levels, support neurological health, and improve red blood cell production.

Common Uses: Fatigue and low energy, Pernicious anemia, Cognitive support (memory and focus), Mood enhancement, Support for vegan or vegetarian diets.

Potential Benefits: Increased energy and stamina, improved mood and concentration, support for healthy nerve function, prevention of anemia, enhanced metabolism.

- **Meyers' Cocktail (\$119.00):** A comprehensive blend including B vitamins, Vitamin C, Magnesium, and Calcium.
 - **Health Benefits:** This combination is used to potentially support a range of issues, including fatigue, headaches, muscle aches, and overall stress, by providing a broad spectrum of essential nutrients involved in energy production, nerve function, and muscle health.
 - **Key Ingredients:** B vitamins (B-complex, B12), Vitamin C, Magnesium, Calcium.



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- **Primary Purpose:** Provide a broad spectrum of essential nutrients for overall well-being.
 - **Common Uses:** Chronic fatigue, fibromyalgia, migraines, muscle spasms, seasonal allergies, general wellness.
 - **Potential Benefits:** Increased energy, improved mood, reduced symptoms of chronic conditions, enhanced athletic performance, stress relief.

- **Hangover Relief IV (\$109.00):** Delivers fluids, electrolytes, anti-nausea medication, and B vitamins to quickly address dehydration, nausea, and fatigue associated with hangovers.
 - **Key Ingredients:** Fluids, electrolytes, anti-nausea medication (e.g., Ondansetron), B vitamins, potentially pain relief medication.
 - **Primary Purpose:** Alleviate symptoms of a hangover quickly.
 - **Common Uses:** After excessive alcohol consumption.
 - **Potential Benefits:** Rapid rehydration, nausea relief, headache reduction, replenishment of depleted vitamins, faster recovery.

- **Inner Beauty IV (\$129.00):** Features Vitamin C, and Glutathione, targeting skin health, collagen production, and antioxidant support.
 - **Key Ingredients:** Vitamin C, Glutathione, Biotin (often).
 - **Primary Purpose:** Enhance skin health, promote collagen production, and provide antioxidant support.
 - **Common Uses:** Improving skin radiance, reducing fine lines and wrinkles, strengthening hair and nails, detoxification.
 - **Potential Benefits:** Brighter complexion, improved skin elasticity, antioxidant protection against free radicals, support for liver detoxification pathways.

- **Alleviate IV (PMS Relief) (\$119.00):** Includes Calcium, Magnesium, B vitamins, and medication for pain and nausea.
 - **Health Benefits:** Calcium and Magnesium can help reduce muscle cramps and support mood. B vitamins may help with energy and mood regulation. Medications directly address pain and nausea symptoms associated with PMS.
 - **Key Ingredients:** Calcium, Magnesium, B vitamins (especially B6), pain and nausea medication.
 - **Primary Purpose:** Reduce symptoms associated with premenstrual syndrome.



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- **Common Uses:** Menstrual cramps, bloating, mood swings, fatigue, headaches related to PMS.
- **Potential Benefits:** Relief from muscle cramps and pain, mood stabilization, increased energy, reduction in nausea.

- **Recovery & Performance IV (\$109.00):** Contains amino acids, electrolytes, and Vitamin C to support muscle repair, hydration, and reduce oxidative stress after exercise.
 - **Key Ingredients:** Amino acids (e.g., BCAAs, L-glutamine, L-arginine), electrolytes, Vitamin C, B vitamins.
 - **Primary Purpose:** Support muscle repair, enhance athletic performance, and reduce recovery time.
 - **Common Uses:** Post-intense exercise, endurance training, muscle soreness, preparation for athletic events.
 - **Potential Benefits:** Faster muscle recovery, reduced inflammation, improved hydration, enhanced endurance, replenishment of nutrients lost during exertion.

- **High-Dose Vitamin C IV (from \$139.00):** Delivers a high concentration of Vitamin C.
 - **Health Benefits:** Provides powerful antioxidant effects and supports immune function. High doses are sometimes explored for various therapeutic purposes under medical guidance. This treatment may require a consultation.
 - **Key Ingredients:** Ascorbic Acid (Vitamin C) at pharmacological doses (typically ranging from 10 grams to 100 grams or more, depending on the condition being addressed).
 - **Primary Purpose:** Powerful antioxidant effects, robust immune system support, and potential adjunctive therapy for various conditions.
 - **Common Uses:**
 - **Strong Immune Support:** Especially during acute viral or bacterial infections (e.g., colds, flu, shingles) or for individuals with chronic immune deficiencies.
 - **Antioxidant Therapy:** To combat high levels of oxidative stress resulting from chronic illness, significant environmental toxin exposure, or intense physical/emotional stress.
 - **Wound Healing & Tissue Repair:** Vitamin C is indispensable for collagen synthesis, thereby aiding in faster recovery from surgery, injuries, and burns.



- **Adjunctive Cancer Care (Integrative Oncology):** Used by some integrative practitioners alongside conventional cancer treatments. At high intravenous doses, Vitamin C can act as a pro-oxidant to cancer cells (selectively toxic) while protecting healthy cells and potentially reducing side effects of chemotherapy and radiation. *This use is still under active research and should only be done under expert medical supervision.*
- **Chronic Fatigue Syndrome & Fibromyalgia:** May help reduce symptoms by combating oxidative stress, supporting adrenal function, and modulating the immune system.
- **Allergy & Histamine Management:** Vitamin C has natural antihistamine properties.
- **Potential Benefits Detail:**
 - **Potent Antioxidant Action:** Neutralizes harmful free radicals and reactive oxygen species, protecting cells, DNA, proteins, and lipids from damage.
 - **Enhanced Immune Function:** Supports the production, function, and activity of various immune cells, including white blood cells (lymphocytes and phagocytes) and antibody production.
 - **Collagen Production:** Essential for the synthesis and maintenance of collagen, a key protein for healthy skin, blood vessels, bones, cartilage, tendons, and ligaments.
 - **Reduced Inflammation:** Can help lower systemic levels of inflammatory markers.
 - **Improved Energy Levels:** By supporting adrenal gland function and reducing the burden of oxidative stress.
 - **Neurotransmitter Synthesis:** Involved in the production of certain neurotransmitters, potentially impacting mood and cognitive function.
- **Considerations:** High doses can cause osmotic diarrhea if not well-tolerated or if infused too quickly. Individuals with G6PD (glucose-6-phosphate dehydrogenase) deficiency should not receive high-dose vitamin C IVs due to risk of hemolysis. Kidney function should be assessed prior to treatment, as high doses are cleared by the kidneys. May interact with certain medications.
- **Requires consultation:** To determine appropriate and safe dosage, assess for contraindications, and monitor for any potential side effects, especially at very high doses.

Potential Add-ons & Their Benefits:

- **Vitamins (Vitamin C, B12, D3):** Enhance immune support, energy levels, bone health (D3), and the health of skin, hair, and nails (Biotin).



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- **Minerals (Zinc, Magnesium):** Support immune function (Zinc), muscle and nerve function, blood sugar control, and blood pressure regulation (Magnesium).
- **Medications (Anti-nausea, Anti-inflammatory, Pain Relief):** Provide targeted relief from specific symptoms like nausea, inflammation, and pain.

General Categories & Benefits:

- **Hydration:** This therapy provides essential fluids and electrolytes.
 - *Health Benefits:* Helps to rehydrate the body, restore electrolyte balance lost through dehydration (due to exercise, heat, or illness), and support overall bodily functions that depend on adequate hydration.
- **Immunity:** This treatment is formulated to support the body's immune defenses.
 - *Constituents:* Includes Vitamin C, Zinc, and B vitamins.
 - *Health Benefits:* Vitamin C is an antioxidant that supports immune cell function. Zinc is crucial for immune system development and function. B vitamins play a role in cellular energy and overall health, which can indirectly support immune response.
- **Energy:** Designed to combat fatigue and boost vitality.
 - *Constituents:* Typically contains B vitamins (such as B12) and amino acids.
 - *Health Benefits:* B vitamins are vital for converting food into energy. B12 specifically helps prevent fatigue and weakness. Amino acids are building blocks for proteins and play roles in various metabolic processes that support energy production.
- **Hangover:** Aims to rapidly alleviate the uncomfortable symptoms following excessive alcohol consumption.
 - *Constituents:* Generally includes fluids, electrolytes, anti-nausea medication, and B vitamins.
 - *Health Benefits:* Fluids and electrolytes rehydrate the body and restore balance disrupted by alcohol's diuretic effect. Anti-nausea medication helps calm stomach upset. B vitamins can help replenish those depleted by alcohol metabolism and support energy levels.
- **Beauty/Wellness:** Focused on enhancing skin health and promoting a general sense of well-being.
 - *Constituents:* Can contain Vitamin C, Biotin, and Glutathione.
 - *Health Benefits:* Vitamin C supports collagen synthesis, important for skin structure, and acts as an antioxidant protecting skin cells. Biotin is known for its role in the health of skin, hair, and nails. Glutathione is a powerful antioxidant that can help detoxify the body and support skin clarity.



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- **Recovery:** Intended to aid muscle recovery after physical exertion and reduce inflammation.
 - *Constituents:* May include amino acids, electrolytes, and vitamins.
 - *Health Benefits:* Amino acids are essential for muscle repair and growth. Electrolytes help rehydrate and restore muscle function. Vitamins support overall cellular health and metabolic processes involved in recovery.

It is important to consider that individual responses to IV therapy can vary. Customization based on personal health status and needs is often available and recommended to optimize the potential benefits. Consulting with a healthcare professional is advisable before starting any new treatment plan.