

Patient FAQ

1. **Who will be administering the treatment?** All of our IV infusion specialists are Nurse Practitioners, Registered Nurses (RN), and EMTs who are trained and experienced in administering IV treatments. They are supervised by our Medical Director, who is an MD.

2. **How long does the treatment take?** Typically, 30-45 minutes.

3. **Do you accept insurance?** We currently are not accepting insurance.

4. **Does it hurt?**

We use very small needles as well as a very small localized numbing agent if requested so you will feel virtually nothing. That being said, everyone has a different pain threshold. Some find it painless and others feel slight discomfort with the needle insertion. Most people find the IV infusion itself quite calming and relaxing. Some customers might feel some warmth as certain nutrients enter the bloodstream such as B vitamins or magnesium.

5. **What results can I expect?**

Most people notice an increase in energy levels and an overall health enhancing boost. Optimum vitamin and mineral levels support proper metabolism, cortisol levels, cellular health, mood, and good sleep patterns. Vitamin therapy can also be an immune system boost which is very helpful during the winter months and during allergy season.

6. **Is it safe?**

Yes, vitamin IV therapy is very safe provided it is administered by a licensed medical practitioner and overseen by a Medical Director. We use high quality vitamins, minerals and amino acids sourced from certified suppliers. Also, IV therapy has been utilized for over 50 years and was developed by Dr. John Myers (the Myer's cocktail).

7. **How often should I get an IV for it to be effective?**

Depending on your nutritional needs you may see dramatic effects after the first IV. People who get regular IVs will feel less dramatic effects as their body starts to obtain optimal hydration and nutritional balance. Some get an IV weekly, multiple times a week, several times a month or as needed.

8. **Why not just take supplements?**

Many people do not absorb vitamins in their digestive track very well. For those dealing with digestive issues such as constipation, crohn's, celiac, IBS it can be helpful to bypass the digestive track and go directly to the bloodstream for high absorption at a cellular level.

9. **How do I get started?**

Feel free to read up on our IV combinations and benefits. Make an appointment online or by phone or drop in. If it is a small group we request that you schedule an appointment online or by phone.

10. **Is there anything I should do before my appointment?**

For best results drink plenty of water and have a little food in your stomach before arriving.

11. **How will I feel after treatment?**

Some patients complain of being a little fatigued later that evening or the next day.

Others have almost an immediate burst of energy. Your body will do what it needs to do with the nutrients added and we cannot predetermine how you will feel immediately.

Almost 98% of patients report that they feel GREAT in the morning!