



HomeTown Family

HEALTH & WELLNESS

Anna Katherine Ross, MSN, APRN, FNP-C

HomeTown.Health.Wellness@gmail.com

www.MyHomeTownClinic.com

5206 Highway 5 N, Suite 101

Bryant, AR 72022

501-521-1100

Vitamin IV Infusions

Our bodies need adequate hydration and vitamins to function at optimal level. Most adults do not drink adequate amount of water for optimal hydration. Along with subpar hydrations, we do not get the nutrients and vitamins we need from our diets. IV infusions with vitamins are an excellent way to supplement our bodies needs and know the vitamins are being utilized in the bloodstream and not processed out through the pass through in the gut.

Here are the most common benefits are reasons people, including celebrities, love IV vitamin infusions:

- **Weight loss** – The ingredient combinations used for weight loss drips help you regulate vitamin levels, decrease fatigue, boosts your metabolism, improves mental clarity. Leading to weight loss by decreased appetite, more energy to be able to effectively workout, and burn calories.
- **Healthy Skin and hair** – The antioxidants, vitamins, and fluids improve overall health and appearance of skin and hair. Dehydrated skin accelerates wrinkles and signs of aging. IV vitamin infusions promote clear, hydrated, and glowing skin.
- **Boosted immunity** – Essential vitamins are necessary for a healthy immune system to function and assist your body at fighting off viruses and illness. Routinely getting IV vitamins infusion increases health and decreases sick days.
- **Hangovers** – what is worse than feeling awful the next day after drinking and having fun with friends? IV vitamin infusions alleviate symptoms of hangovers: nausea, vomiting, loss of appetite, headaches, fatigue. Rehydrating and replacing vitamins leads to a faster recovery and feeling better quicker.

Can you see now why IV infusions are so popular and important for Celebrities? They often have to lose weight for roles quickly, are always in the spotlight and need to look their best, decreased sick days to avoid missing important planned events/casting roles, and rehydration and electrolyte replacements after big parties with drinking and hangovers.

YOU deserve to look your best and feel your best just like a celebrity!

Our main ingredients we use in different combinations for IV infusions are:

B- complex – is a combination of 5 B vitamins. B1 – immune protection and reduces stress. B2 – antioxidant that attacks free radicals that can lead to heart disease. B3 – increases good cholesterol (HDL) and reduces acne. B5 – produces testosterone and helps turn carbs into energy. B6 – produces red blood cells improving oxygenation throughout the body. When taken orally these vitamins are excreted in the urine when they go through the first pass through in the gut.

Vitamin B12- methylcobalamin is the most absorbable version of B-12 to ensure your body can utilize all of the vitamin. Boosts metabolism, prevents anemia, increases energy, supports bone health, and decreases symptoms of depression.

Vitamin C – is a necessary for immune function, bone health, healthy skin, and absorption of iron. Vitamin C is a potent antiviral agent that acts as an antioxidant that helps ward off viruses and the flu. Studies have shown that vitamin C lessens symptoms and duration of colds and influenza.

Magnesium – is an important vitamin that most adults are lacking. Magnesium improves gut health including constipation and stomach cramps, blood pressure regulation, keeps bones strong, and decrease inflammation markers. Magnesium infusions help bring fast relief for migraines, improves fatigue, helps regulate blood sugars with diabetes, decreases bloating and symptoms occurring with PMS, improves brain function and decrease symptoms of depression.

Zinc – is important for immune function, metabolism, and wound healing. Can improve sexual health, acne, neuropathy, and fighting off common colds.

Taurine – is an amino acid that decreases anxiety, reduces blood pressure, and insulin regulation. Taurine is good for weight loss, heart and brain function.

L-Carnitine – decreases the amount of fat that your body stores, but it also helps reduce visceral belly fat, the kind that surrounds your vital organs and potentially leads to fatty liver disease and other serious health conditions. L-carnitine helps the body produce energy and stamina leading to reduction of fatigue by improving oxygen to muscles.

BCAA – branched-chain amino acids increase muscle growth (ability to burn more calories), decrease muscle soreness, reduces exercise fatigue, and good for liver health.

Chromium – essential for your body to properly utilize carbs and regulate lipids, assists your body in insulin and glucose regulation leading to decrease cravings, hunger feelings, and binge eating results in weight loss.

Glutathione – is an excellent compounded antioxidant that is a vital molecule in your body that has antiaging properties, improves skin, and promotes overall health. It has anti-inflammatory properties that help with aches and pains.

Medications used to treat difficult symptoms such as migraines, nausea, vomiting, pain: Pepcid - Toradol - Zofran - Benadryl

We provide IV infusion combinations specific for weight loss, dehydration, energy boost, immune support, migraines, PMS, skin/beauty, stomach bug/flu, hangover that can be customized for each patient with add-ons.