

IV Wellness Infusion – Patient Information Sheet

What to Know Before, during, and after your wellness appointment

1. What is an IV infusion

Intravenous (IV) infusions deliver fluids, vitamins, and minerals directly into your bloodstream through a small cannula placed into a vein. This method allows for rapid absorption and 100% bioavailability, bypassing the digestive system.

All wellness products are administered by qualified professionals in a safe, comfortable clinical environment where you can relax during your infusion.

2. Why Choose IV wellness infusions?

IV wellness infusions may assist with:

- Rapid rehydration,
- Support energy levels
- Recovery after illness, travel, or exercise
- Boost vitamin and nutrient levels
- Support general wellness

Please note: IV infusions are not a substitute for a balanced diet, healthy lifestyle, or medical treatment.

3. Benefits of IV infusions

- Complete absorption of nutrients (100% bioavailability)
- Bypasses gastrointestinal absorption issues
- Higher doses of nutrients can be administered without intestinal irritation
- Nutrients are delivered directly to cells for efficient use

4. What's in the IV infusion?

Your personalised IV infusion may include:

- Saline/ hartmann solution
- Electrolytes
- Vitamins (B-Complex, Vitamin C)
- Minerals (Zinc, Magnesium) and more

All wellness products are customised following an individual consultation.

5. What to Expect During Your Appointment

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| 1 | 2 | 3 | 4 | 5 |
| Brief health assessment & consent | Your personalised plan is reviewed with our nurse | IV is set up in a clean and comfortable space | Relax and enjoy the infusion (30-60 minutes) | You'll receive advice on aftercare and next steps |

6. Safety & Monitoring

Your health and safety are monitored throughout your appointment.

Please let us know if you feel any discomfort.

We follow strict hygiene and medical standards to ensure your safety and comfort.

7. Possible Side Effects & Risks

Mild common side effects may include slight bruising, cold or a tingling sensation at the IV site.

Mild less common side effects may include dizziness, temporary drop in blood pressure or blood sugar, inflammation of the vein

Rare side effects may include, allergic reactions, infection, metabolic disturbance, cardiac complications

Please notify your nurse immediately if you feel unwell during treatment

After Your Appointment

- ✓ General aftercare: maintain hydration, resume normal activities as tolerated, and note that mild bruising may occur and typically resolves within a few days.
- ✓ Contact your nurse promptly if you experience fever (above 37°C), redness, swelling, or discharge at the injection site, shivering or chills, feeling unusually hot or cold, or muscle or joint pain.

DISCLAIMER

This information is general and does not replace professional medical advice. Please consult your healthcare provider if you have any medical conditions or concerns.



Medical Considerations

Cancer Patients

IV wellness infusions are not a treatment substitute. If you are undergoing cancer treatment, approval from your oncologist or treating physician is required.

G6PD Deficiency

A rare condition affecting red blood cells. High dose vitamin C may trigger complications. Testing and GP clearance are required prior to Vitamin C infusions.

Haemochromatosis (Iron Overload)

Caution is required with Vitamin C administration: May need modification.

Cardiac or Renal Conditions

Patients with heart or kidney issues may require medical clearance due to fluid and electrolyte balance considerations.

Who Should NOT Have IV wellness infusions?

-  IV wellness infusions may not be suitable if you are pregnant or breastfeeding without medical clearance.
-  Have kidney or heart conditions.
-  Have certain chronic illnesses.
-  Are taking specific medications.

Wellness Planning/ Recommendation

Depending on your individual wellness goals, we may recommend a series of weekly sessions initially, followed by a personalised maintenance schedule to help support your ongoing wellbeing.

Plans can be tailored to suit your lifestyle, training schedule, or recovery needs.

Consent

By proceeding with IV wellness you acknowledge that:

- You have provided accurate and complete medical information.
- You understand the potential risks and benefits.
- You consent to IV wellness products being administered by a qualified healthcare professional.

i Important Information

- Results vary between individuals.
- Benefits are not guaranteed.
- IV wellness products support wellness but does not diagnose, treat, or cure medical conditions.

Contact Us

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Important: Products need to be ordered from our compounding pharmacist at specifically for your treatment, so payment is taken in advance.

Thank you.

Read on to see our range and prices.

What is NAD+?

NAD+ (Nicotinamide Adenine Dinucleotide) is a coenzyme found in every living cell. It plays a vital role in energy production, DNA repair, and cellular communication. As we age, NAD+ levels naturally decline, which may contribute to age-related health changes.

What is NAD+ IV wellness?

NAD+ IV wellness delivers NAD+ directly into the bloodstream via intravenous infusion, bypassing the digestive system for maximum absorption. This allows your cells to access NAD+ quickly and efficiently.

What are the potential benefits?

Improved energy & reduced fatigue • Enhanced mental clarity & focus • Support for healthy ageing • Cellular repair & recovery • Mood regulation • Support for addiction recovery

How might NAD+ help?

Brain Health- May support cognitive function, memory, and neuroprotection.

Energy- Supports mitochondrial function and cellular energy production.

Healthy Ageing- May activate sirtuins involved in DNA repair and longevity pathways.

Addiction Recovery- Emerging research suggests NAD+ may reduce cravings and support neurological repair in substance dependence.

NAD+ administration options

IV (intravenous)

- Highest bioavailability
- Direct bloodstream delivery
- 1-4 hour infusion
- Clinician-monitored

Injections (Subcut/IM)

- Good bioavailability
- Quick administration
- 5 minutes
- Convenient top-up option

Oral Supplements

- Lower bioavailability
- Convenient daily use
- No clinical visit needed
- May suit maintenance

What happens during infusion?

NAD+ is administered slowly via IV drip over 1-4 hours depending on dose. Your nurse will monitor you throughout.

Are there any side effects?

Some people experience mild nausea, flushing, chest heaviness or light-headedness during infusion. These effects are temporary and can be managed by adjusting the drip rate. Serious side effects are rare.

Is NAD+ IV wellness infusion right for me?

NAD+ wellness infusion may benefit those experiencing fatigue, brain fog, age-related decline, or those in addiction recovery. A consultation is required to assess suitability.

Contact Us

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