



INVITA

I V V I T A M I N S
T H E R A P Y

Safety 101 Information



Invita IV Drips offers a range of customized IV formulations, each targeting specific wellness goals – from energy and immunity to beauty and recovery . These formulations are inspired by leading practices (Invita is an authorized distributor of Liquivida IV drips from the USA) and use GMP-certified ingredients. We will go through each of the 11 drips:

Practical Recommendations for Clinics

Use amber IV bags or foil wrap for Vitamin C, B2, NAD+, and Glutathione-containing drips.

Prepare just before use to limit degradation.

Avoid direct sunlight and harsh indoor lighting during prep and infusion.

Use cool storage (2–8°C) and monitor for expiration dates.

Sterile approach

Quick pre-infusion checklist (1–minute)

- Pregnant/breastfeeding? If yes → treat only deficiencies per OB.
- Cardiac/renal/hepatic disease? If yes → tailor formula; avoid Mg/Ca pushes; check eGFR.
- History of stones, hemochromatosis, G6PD, granulomatous disease? Choose formulas accordingly.
- Meds: digoxin, antihypertensives, chemo today, anticoagulants, PDE5?
- Baseline labs available? (Creatinine/eGFR; Ca/Mg; 25-OH-D for D3 Boost; consider G6PD for high-dose C)
- Biotin given recently?
- Warn about lab interference 48–72 h.
- Vitals (BP/HR) acceptable? Proceed with slow infusion, monitor.

1. Energy Boost IV Drip

Designed to combat fatigue, low energy, and “burnout.” Ideal for patients who feel run-down – e.g. busy professionals, parents with fatigue, or those recovering from illness who need an energy lift.

Session Protocol: Often administered once weekly for 4–6 weeks as an initial program for those with chronic fatigue or high stress. Many patients then transition to a maintenance dose, say once a month or before/after particularly strenuous events

2. Jet Fuel IV Drip

Primary Indications: An advanced energy and performance formula. Jet Fuel is tailored for mental and physical performance enhancement – think of it as fuel for both body and brain. Ideal for athletes pre-event, individuals facing jet lag (hence the name), or anyone needing sustained focus and stamina (e.g. exam preparation, demanding work project).

3. Immune Boost IV Drip

Primary Indications: As the name suggests, this drip is for immune system support. It's commonly used during flu season, at the onset of a cold or viral illness (to possibly shorten its course), or as a preventive measure for those with frequent infections

4. Sport Endurance & Recovery IV Drip

Primary Indications: Tailored for athletes and physically active individuals to enhance endurance, performance, and speed up recovery. It's perfect for after a strenuous competition or heavy training session to rehydrate, replenish nutrients, and reduce muscle soreness

Session Protocol: Typically used post-event or post-workout. For example, a triathlete might schedule a drip for the day after a race to accelerate recovery. During a high training period, an athlete could do it weekly or biweekly.

Session Protocol: Often given at the first sign of a viral illness – e.g., if a patient feels a sore throat or fatigue indicating a cold, they'll come in for Immune Boost. It can also be used prophylactically, say monthly or biweekly during winter. For someone with recurrent infections, we might do weekly for a short stretch. The infusion itself is quick (vitamin C 1g in fluid over ~30 minutes).

5. Skin Radiance IV Drip

Primary Indications: Aimed at improving skin health and complexion. This is popular for individuals preparing for an event (weddings, photoshoots) who want a “glow,” or those with dull skin, uneven tone, or signs of aging who seek a cosmetic boost from within.

Dermatology clinics sometimes incorporate such drips as part of holistic skin treatment – for example, pairing with procedures like laser or peel to enhance outcomes.

Session Protocol: For skin lightening or major complexion changes, this drip may be done weekly or biweekly for 1–2 months

6. Hair, Skin & Nails IV Drip (Biotin Boost)

Primary Indications: This formulation focuses on beauty from within, specifically targeting hair thickness, nail strength, and overall skin health

It's ideal for patients experiencing hair thinning or brittle nails – for example, some postpartum women with hair shedding, or individuals with brittle nail syndrome

Session Protocol: Keratin (hair, nails) grows slowly, so patience and consistency are key. We typically recommend a course of IV biotin weekly or biweekly for about 4–6 sessions, then assess results after a couple of months (since nails and hair need time to grow out).

7. NAD⁺ IV Drip

NAD⁺ 750
mg

Primary Indications: NAD⁺ (nicotinamide adenine dinucleotide) drips are a more novel offering, often marketed for anti-aging, cognitive enhancement, and cellular rejuvenation.

NAD⁺ infusions must be done slowly (90 min)

because rapid NAD⁺ can cause flushing, cramping, or nausea (it's a known effect, likely due to NAD⁺ involvement in metabolic reactions that can be uncomfortable if too fast)

Session Protocol: This therapy often involves multi-day or multi-week protocols. For example, some clinics do a “NAD⁺ bootcamp” – infusing daily for 4–5 days (especially in addiction therapy settings or severe chronic fatigue) to saturate the system. Others do weekly infusions for a series (e.g., 1-2 times a week for 4 weeks).

Primary Indication: This drip is formulated to support a weight management program. It's not a stand-alone weight loss solution, but rather an adjunct for individuals actively trying to lose weight (through diet and exercise) who want to optimize their metabolism and preserve lean muscle.

8. Vitamin D3 Boost IV Drip (D3 + Calcium)

Primary Indications: This drip is specifically designed to rapidly correct vitamin D deficiency and support bone health

Vitamin D3 (Cholecalciferol)

– 600,000 IU

Calcium (Calcium

Gluconate) 200mg

one infusion can raise vitamin D levels for several months

Myer's Cocktail IV Drip

Primary Indications: The Myers' Cocktail is the original multi-nutrient IV therapy, a kind of jack-of-all-trades for wellness. Indications are broad: general wellness boost, chronic fatigue, fibromyalgia, migraine, muscle spasms, allergies, asthma, and immune support

Vitamin C, B-Complex (B1, B2, B3, B5, B6), Vitamin B12, glutathione, Magnesium, Calcium, and sometimes additives like zinc or a small dose of NAD+.

once a month or once every 2-3 months just to stay feeling good