

## **High Dose Vitamin C IV Drip**

### **1. Overview**

The **High Dose Vitamin C IV Drip** is a powerful antioxidant therapy designed to support immune function, reduce oxidative stress, and promote recovery.

By delivering a higher concentration of Vitamin C directly into the bloodstream, this treatment allows for greater absorption compared to oral supplementation, supporting the body's natural defence systems and overall wellbeing.

It is ideal for individuals who:

- Want strong immune system support
- Experience fatigue or low energy
- Are recovering from illness, stress, or intense activity
- Want antioxidant protection against oxidative stress
- Seek support for skin health and collagen production
- Are looking for enhanced recovery and resilience

This drip provides targeted support to help your body function efficiently and maintain balance.

### **2. Typical Formulation**

| <b>Component</b>          | <b>Function</b>              |
|---------------------------|------------------------------|
| Normal Saline (0.9%)      | Hydration + carrier fluid    |
| Vitamin C (Ascorbic Acid) | Antioxidant + immune support |

### **3. Mechanism of Each Component**

#### **a. Vitamin C (High Dose)**

- A potent antioxidant that helps neutralise free radicals.
- Supports immune cell function and response.
- Plays a key role in collagen synthesis for skin, joints, and tissues.
- Helps reduce oxidative stress and inflammation.

- Supports recovery and cellular repair processes.

#### **4. Combined Mechanism of Action**

At higher concentrations, Vitamin C works to:

- Provide strong antioxidant protection
- Support immune system activity
- Enhance collagen production and tissue repair
- Reduce oxidative stress and inflammation
- Support recovery from physical and environmental stress

**Result:** Improved resilience, enhanced recovery, and support for overall health and vitality.

#### **5. Key Clinical Benefits**

- Strong antioxidant support
- Supports immune function
- Helps reduce fatigue and improve recovery
- Promotes skin health and collagen production
- Supports overall wellbeing and resilience
- May support faster recovery from stress and exertion
- Enhances cellular protection

#### **6. Indications (When to Use)**

- Low immunity or frequent illness
- Fatigue or burnout
- Recovery from illness or physical stress
- High oxidative stress
- Skin health support
- Preventative wellness care
- Seasonal immune support

#### **7. Contraindications (When NOT to Use)**

Do not use this treatment if you:

- Have a genetic enzyme condition affecting red blood cells (G6PD)
- Have severe kidney disease or history of kidney stones
- Have known allergy to Vitamin C
- Are pregnant or breastfeeding (consultation required)
- Have iron overload conditions (use with caution)
- Have uncontrolled medical conditions

## **8. Administration Protocol**

| <b>Step</b> | <b>Description</b>                            |
|-------------|---|
| Route       | IV infusion                                   |
| Duration    | 45–90 minutes (dose dependent)                |
| Requirement | May require pre-screening (e.g. G6PD testing) |
| Post-care   | Stay well hydrated                            |

## **9. Potential Interactions & Cautions**

- High-dose Vitamin C may affect blood glucose readings
- Use caution in individuals with kidney conditions
- May interact with certain medications
- Adequate hydration is important before and after infusion
- Should be administered under professional supervision

## **10. Side Effects (Rare and Mild)**

- Metallic taste during infusion
- Warm sensation
- Mild nausea if infused too quickly
- Light-headedness
- Rare: kidney-related issues in susceptible individuals

## **11. Add-ons / Customisation**

| <b>Add-on</b> | <b>Benefit</b>          |
|---------------|-------------------------|
| Zinc          | Enhanced immune support |

|             |                                 |
|-------------|---------------------------------|
| Glutathione | Advanced antioxidant protection |
| B-Complex   | Energy and recovery             |
| NAC         | Supports glutathione production |
| Magnesium   | Relaxation and recovery         |

## **12. Recommended Frequency**

| <b>Goal</b>         | <b>Frequency</b>      |
|---------------------|-----------------------|
| Immune support      | Weekly x 2–4 sessions |
| Recovery            | As needed             |
| Antioxidant therapy | Every 2–4 weeks       |
| Maintenance         | Monthly               |

## **13. Summary**

The **High Dose Vitamin C IV Drip** is a powerful antioxidant therapy designed to support immune function, enhance recovery, and promote overall wellbeing.

By delivering high concentrations of Vitamin C directly into the bloodstream, it helps your body manage oxidative stress, maintain resilience, and support essential biological functions.

## **14. FAQs**

### **Q: What makes this different from regular Vitamin C?**

A: This drip delivers a much higher dose directly into the bloodstream, allowing for greater absorption and stronger antioxidant support compared to oral supplements.

### **Q: Do I need a test before this drip?**

A: In some cases, screening for G6PD deficiency (A genetic enzyme condition affecting red blood cells (G6PD)) may be recommended to ensure safety.

### **Q: Will this boost my immunity?**



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A: It supports immune function, but it does not prevent or cure illnesses. It works best as part of a healthy lifestyle.

**Q: Can I take this regularly?**

A: Yes — frequency depends on your health goals and should be guided by a professional.

**Q: When will I feel results?**

A: Many clients report feeling more energised and refreshed within hours to a day, depending on their condition.



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