

## Jet Lag IV Drip

### Introduction

Jet lag occurs when rapid travel across time zones disrupts the body's internal clock, affecting sleep cycles, energy levels, digestion, and mental clarity. Common symptoms include fatigue, insomnia, brain fog, headaches, dehydration, and reduced concentration, often lasting several days after travel.

The Jet Lag IV Drip is designed to support circadian adjustment, hydration, and nervous system balance by delivering targeted nutrients directly into the bloodstream, helping the body adapt more efficiently following long-distance travel.

### What This Drip Is Designed For

This drip is intended for individuals experiencing travel-related fatigue, disrupted sleep patterns, and reduced alertness following long-haul or frequent flights. It is particularly suitable when symptoms are compounded by dehydration, poor rest, or time-zone changes.

By bypassing the digestive system, nutrients are made immediately available to support neurological regulation, hydration, and energy balance during post-travel recovery.

### Ingredient Breakdown & Their Role

#### Normal Saline (0.9%)

- Restores hydration lost during air travel.
- Supports circulation and overall fluid balance.

#### Vitamin C

- Supports immune defence during travel-related stress.
- Provides antioxidant protection against oxidative strain.

#### Vitamin B-Complex

- Supports energy metabolism and nervous system regulation.
- Helps reduce fatigue and mental sluggishness.

### **Vitamin B12**

- Supports neurological function and alertness.
- Plays a role in restoring energy and concentration.

### **Zinc Chloride**

- Supports immune resilience during travel.
- Plays a role in cellular repair and recovery.

### **L-Tryptophan**

- Supports neurotransmitter pathways involved in sleep regulation.
- Plays a role in circadian rhythm adjustment.

### **Magnesium Chloride**

- Supports nervous system relaxation and muscle comfort.
- Plays a role in sleep quality and stress regulation.

### **Glutathione (Optional)**

- Provides antioxidant support at a cellular level.
- Supports recovery from travel-related oxidative stress.

## **How This Drip Works Inside the Body**

Once administered intravenously, fluids and nutrients enter the bloodstream directly and are rapidly delivered to the nervous system and regulatory pathways involved in sleep, alertness, and hydration. This avoids digestive absorption delays, which are common during travel-related fatigue.

By supporting circadian regulation, electrolyte balance, and neurological recovery, the drip helps the body recalibrate more efficiently following time-zone disruption.

## **Expected Benefits Over Time**

### **Short-Term (Within Hours)**

- Improved hydration and comfort
- Reduced brain fog and travel fatigue

- A calmer, more settled feeling

### **Mid-Term (24–72 Hours)**

- Improved sleep quality
- Better daytime alertness
- Reduced headaches and sluggishness

### **Long-Term (With Regular Sessions)**

- Faster adjustment to time-zone changes
- Improved resilience to frequent travel
- Better overall energy and cognitive balance

### **When This Drip Is Most Helpful**

- After long-haul or overnight flights
- During frequent international travel
- When experiencing disrupted sleep patterns
- When feeling mentally foggy or physically drained post-travel
- As part of a travel recovery or performance routine

### **Comparison With Other IV Drips**

- More circadian-focused than hydration drips
- Less energy-stimulant based than energy drips
- More neurological support than multivitamin drips
- Complements hydration and antioxidant IV therapies

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### **Administration Process**

The Jet Lag IV Drip is administered by trained professionals in a controlled clinical environment using sterile techniques.

- A brief consultation is carried out prior to treatment
- Vital signs may be checked before the infusion
- An intravenous line is inserted safely and hygienically
- The infusion is delivered slowly under supervision

- Clients are monitored during and after the session

The infusion typically takes **30–45 minutes**.

### **Aftercare Guidance**

Following your IV therapy session, it is important to allow your body time to recalibrate and recover.

- Drink plenty of water for the remainder of the day
- Rest where possible and avoid overexertion
- Aim for light, balanced meals post-treatment
- Keep the injection site clean and dry
- Follow any personalised advice provided by the practitioner

Some individuals may feel relaxed or sleepy after treatment. These sensations are usually temporary. Any unexpected discomfort should be reported promptly.

### **Precautions**

Clients should inform the practitioner of any existing medical conditions, allergies, or ongoing treatments before receiving IV therapy. Individual responses to travel recovery support may vary.

This service is intended to support general wellbeing and should not be used as a replacement for medical treatment or prescribed sleep or travel-related medication.

### **Contraindications**

This drip may not be suitable for individuals with certain medical conditions, including but not limited to:

- Known allergies to any ingredients
- Severe neurological, kidney, or liver conditions
- Certain metabolic or electrolyte disorders
- Active infections requiring immediate medical care

Individuals under medical supervision should seek advice from a healthcare professional prior to treatment.

### **Important Information**

IV therapy is designed to support post-travel recovery and general wellbeing. Individual responses may vary and outcomes cannot be guaranteed. Any unexpected symptoms during or after treatment should be reported immediately.



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