

Experience the transformative power of IV vitamin therapy and discover a new level of wellness.

**Dr. Vennela Thati**  
Chief Operations Officer

Essential Vitamin Guide  
for IV Hydration Therapy

# IV HYDRATION



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## IV THERAPY CLINIC

We believe that true wellness starts from within. Our IV hydration therapies are designed to help you feel your best—whether you're **battling** fatigue, dehydration, stress, or simply want to enhance your energy, beauty, and overall well-being.

Our expert team ensures a comfortable and relaxing experience, bringing premium wellness solutions to your busy lifestyle. Whether you're an athlete, professional, traveler, or wellness enthusiast, we have the perfect IV therapy for you!

[WWW.NIMATIV.IN](http://WWW.NIMATIV.IN)

## Therapeutic Areas of IV Hydration Therapy



Beauty



Hydration



Hot flashes



Jetlag



Head ache



Fatigue



Detox



Heart health



Sexual Health



Strength



Weight Loss



Anti aging



Hangover



Brain health



Immunity



Chemo Support



Gut health



Iron deficiency



Vit D deficiency



Flu & more

Our expert medical team and certified infusion nurses support you throughout your IV therapy journey.

# VITAMINS AND MINERALS



Supplementation is essential to compensate for the nutrients we lose due to the depletion caused by processed foods, a toxic environment, soil quality, poor digestion, alcohol consumption, aging, illness, and stress.

## AMINO ACIDS

Are organic compounds that combine to form proteins which are the building blocks of life. The human body makes 10 of the 20, the others we must be supplied through supplementation. They help break down food, increase muscle growth, decrease muscle soreness, reduce exercise fatigue and benefit those with liver disease. The 10 amino acids that we can produce are: alanine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. The essential amino acids are arginine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. These amino acids are required in diet and supplementation.

## ASCORBIC ACID (VITAMIN C)

One of the safest and most effective nutrients that is essential which means it cannot be produced in the body. It is a strong antioxidant that has many benefits including strengthening and boosting the immune system, fights inflammation, helps lower blood pressure, fights heart disease, reduces blood uric acid levels (gout), improves iron absorption, protects memory, helps build collagen and aids in white blood cell function.

## ANTIOXIDANTS

Antioxidants are compounds that inhibit oxidation. Oxidation is a chemical reaction that can produce free radicals, thereby leading to chain reactions that may damage the cells of organisms.

**VITAMINS AND MINERALS ARE THE NUTRIENTS THAT ARE ESSENTIAL TO LIFE AND FIGHTING DISEASES LIKE CANCER**

## B1 THIAMINE

Plays an essential role in metabolism by helping convert nutrients into energy and supports nerve function. Helps prevent complications in the nervous system, brain, muscles, heart stomach, and intestines.

## B2 RIBOFLAVIN

Helps break down proteins, fats, and carbohydrates. Plays a vital role in maintaining the body's energy supply. Helps convert carbohydrates into adenosine triphosphate (ATP). The human body produces ATP from food, and ATP produces energy as the body requires it.

## B3 NIACIN

Plays a role in cellular signaling, metabolism and DNA production and repair important nutrients. Every part of the body needs it to function properly. Primarily used to lower high cholesterol levels in the body and used to treat respiratory or vascular disorders.

## B5 DEXPANTHENOL

Helps your body obtain energy from food and is involved in hormone and cholesterol production. Promotes healthy skin, hair, functioning of the nervous system, liver health, digestive tract and making red blood cells.

## B6 PYRIDOXINE

Involved in amino acid metabolism, red blood cell production and creation of neurotransmitters. May help with PMS symptoms, cardiovascular health, prevent and treat anemia and reduce symptoms of depression.

## B12 METHYLCOBALAMIN

Vital for neurological function, DNA production and normal blood formation including red blood cell development. Helps support bone health and prevent osteoporosis, improve mood, provide energy and support cardiovascular health.

## CALCIUM

Necessary for many normal functions of the body, especially bone formation and maintenance. Calcium is vital for muscle contraction and nerve impulse transmission. A deficiency in calcium can lead to muscle cramping, but by maintaining calcium balance, calcium helps ensure these physiological processes function correctly.

## GLUTATHIONE

Powerful antioxidant that protects against cellular and tissue damage. Important functions include making DNA, the building blocks of proteins and cells. Helps with supporting immune function, forming sperm cells, breaking down some free radicals, helping certain enzymes function, regenerating vitamins C and E transporting mercury out of the brain, helping the liver and gallbladder deal with fats, and assisting regular cell death (a process known as apoptosis).

## METHIONINE INOSITOL CHOLINE (MIC)

Methionine, an essential amino acid, helps the liver breakdown fats, lowers cholesterol, relieves fatigue and helps allergies by lowering histamine release. Inositol, a B vitamin, helps the breakdown of fats, lowers cholesterol, and helps control mood and appetite. Choline, an essential nutrient, helps the liver breakdown fats and excrete toxins. Benefits include reduced stored body fat, increased energy, help maintain a healthier liver and speed up the metabolism.

## VITAMIN D3

Known as the "sunshine vitamin" and is essential for several reasons, including maintaining healthy bones and teeth, protecting against a range of diseases and conditions such as type 1 diabetes, supporting immune, brain, and nervous system health, regulating insulin levels and supporting diabetes management, supporting lung function and cardiovascular health, influencing the expression of genes involved in cancer development

## ZINC

Trace element necessary for immune system and metabolism function. Important to wound healing and sense of taste and smell. Vital for a healthy immune system, correctly synthesizing DNA and healing wounds.

## MAGNESIUM

Vital for the proper functioning of enzymes including the metabolism of food, synthesis of fatty acids and proteins, and transmission of nerve impulses. Important for bone formation, plays a role in activating vitamin D in the kidneys. Necessary to maintain the health of muscles, including the heart, and for the transmission of electrical signals in the body. Helps relax muscles, prevent/relieve headaches, and symptoms of PMS.

## L-CARNITINE

L-Carnitine is a beneficial compound that enhances physical performance and supports metabolic health. It aids in improving exercise performance by enhancing oxygen supply to muscles, reducing muscle soreness, and facilitating quicker recovery post-exercise. Additionally, L-Carnitine may enhance stamina by promoting more efficient fat-to-energy conversion. L-Carnitine supports fat burning, particularly when combined with exercise and a balanced diet. It also offers potential cardiovascular benefits by helping to reduce blood pressure and inflammation associated with heart disease. L-Carnitine is vital for maintaining mitochondrial health, supporting the body's energy production and overall well-being.

## NAC (N-ACETYL CYSTEINE)

N-Acetyl Cysteine (NAC) serves as a versatile supplement, crucial for bolstering overall health. As a precursor to glutathione, a leading antioxidant in the body, NAC is instrumental in counteracting free radicals and reducing oxidative stress, potentially lowering the risk of chronic health issues. It offers significant protective effects on liver health by aiding in the detoxification processes and supporting the liver's natural detoxifying capabilities. For respiratory well-being, NAC is beneficial in thinning mucus, offering relief for individuals dealing with colds or bronchitis. NAC's effectiveness in reducing oxidative stress and enhancing antioxidant defenses plays a vital role in immune health, potentially strengthening the body's defense against infections and diseases.

## LIPO-C

Lipo - C is a comprehensive blend that includes Methionine, Inositol, Choline, Cyanocobalamin (Vitamin B12), and Carnitine, designed to support metabolic health, liver function, and energy levels. Methionine, an essential amino acid, plays a crucial role in detoxification and metabolism of fats.

Inositol, classified as a B vitamin, aids in the breakdown of fats, lowers cholesterol, and helps in controlling mood and appetite.

Choline, an essential nutrient, supports the liver in fat metabolism and excretes toxins, contributing to reduced body fat, increased energy, a healthier liver, and an accelerated metabolism.

Carnitine enhances endurance by facilitating the efficient conversion of fat into energy, proving particularly beneficial during extended periods of physical activity.

## LIPO-B

Lipo-B combines Methionine, Inositol, Choline, and Vitamin B12, creating a powerful formula aimed at enhancing metabolic health, supporting liver function, and increasing energy levels. Methionine, an essential amino acid, plays a crucial role in detoxification and metabolism of fats.

**Inositol**, classified as a B vitamin, aids in the breakdown of fats, lowers cholesterol, and helps in controlling mood and appetite.

**Choline**, an essential nutrient, supports the liver in fat metabolism and excretes toxins, contributing to reduced body fat, increased energy, a healthier liver, and an accelerated metabolism.

**Vitamin B12** is crucial for the production of energy, supporting the health of the nervous system, and the formation of red blood cells

## NAD+

### WHAT IS NAD?

NAD, or Nicotinamide Adenine Dinucleotide, is a critical coenzyme found in every cell in your body, and is involved in hundreds of metabolic processes. NAD is called a "helper molecule" because it binds to other enzymes in the body to activate them and generate molecular reactions.

Studies have shown NAD slows the aging process, restores neurologic function, improves mental clarity, and boosts the body's overall health.

### HOW DOES IT WORK?

Your body relies on vitamins, minerals, and other nutrients to function at its best. IV vitamin therapy is an efficient way to get the vitamins you need because they are delivered directly to your bloodstream and absorbed immediately. NAD IV therapy uses the same approach. It delivers a dose of the NAD coenzyme into your bloodstream, where your body can use it best. As you get your infusion, NAD molecules bind with proteins in your body to create active enzymes that your body uses to metabolize fuel and revitalize cells. This means that your body will absorb the highest possible supplemental coenzymes and convert them into molecular energy. IV therapy is the safest and most efficient way of supplementing the coenzyme in your body. Sessions can last anywhere from 90 minutes to 4 hours and it's usually recommended that you receive multiple sessions. However, the exact duration varies depending on you and your unique goals.

### NAD IV TREATMENTS CAN HELP

- \* Fight chronic fatigue and increase energy
- \* Regenerate cells and slow aging
- \* Reduce internal inflammation
- \* Boost metabolism
- \* Slow cognitive decline and protect against neurodegenerative diseases
- \* Maintain and protect mental clarity, focus and healthy brain function



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