What is IV therapy?

IV Therapy ensures that the body obtains an adequate supply of vitamins, minerals and antioxidants to enable proper functioning of cells. Most vitamins and minerals are not produced by the body but are taken from the food we consume. While a proper diet can provide sufficient vitamins and minerals, various metabolic disorders prevent the cells from obtaining the nutrition they require. In addition, modern methods of farming, processing and packaging have seen the levels of nutrients in food drop significantly. This can lead to weakened and damaged cells that require supplemental nutrition to heal. Oral supplements of vitamins and minerals can only do so much as our digestive system blocks the absorption of high levels of nutrients consumed orally, which is where IV Therapy steps in. In IV therapy, the nutrients are injected directly into the veins, allowing for easy absorption into the cells. Only IV therapy can deliver high concentrations of vitamins and minerals while avoiding the side effects like upset stomach and diarrhea that may occur with high dose oral vitamins.

Undeniably, IV Vitamin drips are proving more and more popular with a wide range of people, from stressed and overworked executives, to athletes and those dedicated to operating at optimum fitness, to older patients wanting to improve nutritional absorption.