

# Notes

**\*If you are unclear or have questions regarding your states compounding laws, please consult your pharmacy board.**

## **Lactated Ringer's or Sodium Chloride 0.9% 500-1000ml bag**

**Rate:**

Run based on patient tolerance, 30-60 minutes

### **Medications via push:**

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml)** - Depending on the pH of the Bplex there can be precipitation with other additives, please visually check for particles. **Rate:** Pushed slowly over 1-3 min

**Glutathione** - **Rate:** Saline flush Pushed slowly over 1-3 min saline flush

**Ketorolac** - **Rate:** IM admin or bolus injection given over greater than 15 seconds

**Magnesium Cl 200mg/ml (20%)** - **Rate:** add to bag

**Ondansetron** - **Rate:** Add to bag or slowly push over 2 to 5 min

**Famotidine 10mg/ml** - **Rate:** Add to bag

**MIC+B12 (25mg-50mg-50mg-1mg/ml)** - IM Only

**Methylcobolamin 5mg/ml**

# Detox/Hangover

BUY NOW

## Ingredients:

**Lactated Ringer's or Sodium Chloride 0.9% (500-1000ml)**

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml)** - 1ml. Depending on the pH of the B Plex there can be precipitation with other additives, please visually check for particles.

*B vitamins play an important role in athletic performance. These micronutrients are necessary during the body's process for converting proteins and sugars into energy, and are used during the production and repair of cells, including red blood cells.*

**Ascorbic Acid 500mg/ml - 5ml**

*A powerful antioxidant that helps the production of lymphocytes and phagocytes aka our white blood cells. Reduces the risk of diseases and improves iron deficiency. Protects cells from free radicals and shortens wound healing time.*

**Ondansetron 2mg/ml - 1-4ml, add to bag or slowly pushed over 2-5min. Depending on nausea, 5-HT3 antagonist.**

## Add on:

**Magnesium Chloride 200mg/ml (20%) - 2ml add to bag.**

*Magnesium is a cofactor for intracellular processes. It is used in enzymatic reactions and helps with our body's energy supply. Also helps with relaxation, blood pressure and stress. It supports our muscle recovery.*

**Glutathione 200mg/ml - 5ml push. Saline flush, Pushed slowly over 1-3 min, saline flush**

*Glutathione is a super-powered antioxidant with free-radical scavenging activity that protects your body from disease and the effects of aging.*

**Ketorolac - 15-30mg IV push over greater than 30 seconds. Depending on pain level, avoid oral NSAIDs 3-5 days**

**Famotidine 10mg/ml - 1ml. Add to bag.**

## Other

**Acetaminophen - 1000mg oral, if no liver complications.**

**Disclaimer: Not to be used in pregnancy/nursing**