

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

Athlete Recovery

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) - 2ml as push or IM, depending on the pH of the Bplex 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.

Lysine HCL 100mg/ml - 5ml

Your body needs lysine to build protein. Its primary role is growth, and it helps strengthen joints and reduces pain. For athletes, amino acids are known to enhance overall performance by increasing hormone secretions, modifying fuel during activity, and preventing mental fatigue and unwanted effects of overtraining.

Add on:

Magnesium chloride 200mg/ml - 1ml highly recommend to add to IV. Relaxes muscles, and reduces headaches. This can also help with recovery from hangovers due to the overall inflammation from dehydration, electrolyte imbalance and toxic metabolites from drinking.

Methylcobolamin 5mg/ml - 0.2ml IM.

Vitamin B12 should reduce fatigue and therefore improve muscular endurance. Since Vitamin B12 is crucial to the production of nerve cells, RNA/DNA and red blood cells, energy levels come into play. B12 is a cofactor for conversion of homocysteine into methionine which is important for DNA methylation. Furthermore it is important for our growth, cell reproduction and nervous system. B12 also aids in reactions associated with metabolism of fats, carbs and protein synthesis. The methylated form is the active form which if any patients have a methylation mutation on the MTHFR gene they will need the methylated form for their body to be able to use and process the B12.

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.

Disclaimer: Not to be used in pregnancy/nursing