



# HYDREIGHT

## SERVICES MENU

# Notes

**\*If you are unclear or have questions regarding your states compounding laws and your scope of practice , please consult your states pharmacy and nursing boards.**

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

**Rate:** Run based on patient tolerance, 30-60 minutes

**Follow the 3-2-1 rule.** 3 ingredients added to the bag, 2 sticks to the bag ( 1 to add products and 1 to spike the bag), 1 hour to use the mixed bag

### **Medications:**

**Ascorbic Acid** - Added to IV bag only

**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. IM or dilute 1:5ml NS/ LR slow push.

**Glutathione** - 5ml dilute 1:1 NS LR slow push, saline flush, Pushed slowly over 1-3 min, saline flush

**Magnesium** - Added to IV bag only. Listed without specific salt for (ie chloride or sulfate) and as a strength for flexibility.

**Lysine** - Added to IV bag only

**Plenish IV Cocktail** - Added to IV bag only.

**Folic Acid** - Added to IV bag only.

**Traelement** - Added to IV bag only.

### **Medication Add-ons:**

**Magnesium** - Added to IV bag only.

**Glutathione**

**Traelement** - Added to IV bag only.

**B12** - IM, IV or slow push. Listed without specifics (ie cyano, methyl or hydroxocobalamin) and as a strength for flexibility.

### **IM ONLY:**

**MIC+B12 (25mg-50mg-50mg-1mg/ml)** - IM only. Max 1ml Weekly for up to 6 weeks then 3-4 week break without G6PD and homocysteine labs.

**MIC (25/50/50mg/ml)** - IM only. Max 1ml Weekly for up to 6 weeks then 3-4 week break without G6PD and homocysteine labs.

**Pyridoxine/thiamine B6, B1 100/20mg/ml**

# Notes

## Lipoic Acid 25mg/ml

### Consult required:

**Ondansetron** - Please fill out appropriate screening form and proceed with telehealth process.

**Only one dose may be provide every 7 days**

**Ketorolac 30mg or 15mg (65+)- please fill out appropriate screening form and proceed with telehealth process.**

- Client cannot have taken any form of NSAID (Ibuprofen, Aleve, Advil, Naproxen) 6 hours prior to receiving Ketorolac (Toradol) and should wait 3-5 days before taking any further oral NSAID after receiving.
- May be given IM or IV Push
- IV Push Rate: Push over > 15 seconds
- **Only one dose may be provided every 14 days.**

**Famotidine** - Please fill out appropriate screening form and proceed with telehealth process.

**Carnitine 500mg/ml** - Consult required. Follow RX and Protocol, If prescribed administer in separate IV or IM per Rx and protocol. Depending on pharmacy may or may not be patient specific

**NAD** - Consult required. Follow RX, intake and Protocol- DO NOT MIX, If prescribed administer in separate IV or IM per Rx and protocol. Depending on pharmacy may or may not be patient specific

**Sermorelin** - Consult required. Follow Protocol- DO NOT MIX

**Lipoic Acid 25mg/ml** - RX required. Follow RX and Protocol, If prescribed administer in separate IV or IM per Rx and vial label

# Athlete Recovery

## **Ingredients:**

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

**Lysine HCL 100mg/ml - 5ml**, if adding Tralement, then reduce to 2ml and dilute 1:5ml NS/LR and Slow push.

*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.*

**Magnesium - 400mg.** 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.*

## **Add on:**

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 2ml** dilute 1:5ml NS/LR SLOW push, \or IM-patients can taste, bring a snack or gum. 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 performanc. 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.*

**B12 - 1000mcg IV, IM or IV push.**

*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 our growth, cell reproduction and nervous system. B12 also aids in reaction associated with metabolism of fats, carbs and protein synthesis. The methylated form is the active form which if any patients have a methylation mutationon 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** dilute 1:1 NS LR slow 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.*

**Tralement (Zinc 3mg/Copper 0.3mg/Manganese 55mcg/Selenium 60mcg/ml) - 1ml IV-only** choose 2 ingredients in bag

*Combo of Zinc 3 mg, Copper 0.3 mg, Manganese 55 mcg, Selenium 60 mcg, providing essential nutrients to our hormone pathways associated with aging. Assists our active population by providing extra nutrients for our systems during exercise.*

## **Add on:**

**NAD IV or IM - Consult required. Follow RX, intake and Protocol- DO NOT MIX**

*NAD aids in the production of ATP. It has a plethora of benefits, from improving athletic performance, reducing fatigue, high cholesterol, mood, blood pressure, slowly reduces aging, neurodegenerative*

# Athlete Recovery

*diseases and reversing alcohol effects on the liver. It's mechanism of action as a coenzyme is part of the oxidoreductases in our body, which gives it the broad range of effects*

**Carnitine 500mg/ml** - Consult required. Follow RX and Protocol, If prescribed administer in separate IV or IM per Rx

**Sermorelin** - Consult required. Follow RX, intake and Protocol- DO NOT MIX

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

# Beauty/Youth

## Ingredients:

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

**Ascorbic Acid 500mg/ml - 3-5ml**

*Vitamin C is a powerful antioxidant, proven to help neutralize the free radicals in our body that lead to oxidative stress. This helps to prevent premature skin aging and delay the visible signs of biological skin aging.*

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 1ml IV, dilute 1:5ml NS/LR SLOW push or IM-patients can taste, bring a snack or gum. 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.*

## Add on:

**Glutathione 200mg/ml - 5ml dilute 1:1 NS LR slow 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.*

**MIC+B12 (25mg-50mg-50mg-1mg/ml) OR MIC (25/50/50mg/ml) - 1ml IM ONLY. Max 1ml Weekly for up to 6 weeks then 3-4 week break without G6PD and homocysteine labs.**

*Methionine is an amino acid used in many enzymatic reactions in the body and assists in reducing our inflammation via the histamine reponse and in turn improves fatigue. The Inositol assists in fat metabolism and the production of serotonin, a feel good neuro transmitter which helps improve our mood and control appetite. The choline assists the liver in excretin gwaste products an dis required for transport and metabolism of cholesterol which support our endocrine, cardiovascular and liver function. B12 is a cofactor in all of these processes.*

**Tralement (Zinc 3mg/Copper 0.3mg/Manganese 55mcg/Selenium 60mcg/ml) - 1ml IV only, push B plex if adding**

*Combo of Zinc 3 mg, Copper 0.3 mg, Manganese 55 mcg, Selenium 60 mcg, providing essential nutrients to our hormone pathways associated with aging.*

## Consult required for:

**NAD IV or IM - Consult required. Follow RX, intake and Protocol- DO NOT MIX, If prescribed administer in separate IV or IM per Rx and protocol. Depending on pharmacy may or may not be patient specific**

*NAD aids in the production of ATP. It has a plethora of benefits, from improving athletic performance, reducing fatigue, high cholesterol, mood, blood pressure, slowly reduces aging, neurodegenerative diseases and reversing alcohol effects on the liver. It's mechanzym of action as a coenzyme is part of the oxidoreductases in our body, which gives it the broad range of effects*

**Sermorelin - Consult required. Follow RX, intake and Protocol- DO NOT MIX**

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

# Immune

## Ingredients:

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

**Lysine HCL 100mg/ml - 5-10ml**

*Your body needs lysine to build protein, promotes immune function, supports bone health and skin as well as encourages wound healing. Helps to treat cold sores by blocking arginine.*

**Ascorbic Acid 500mg/ml - 5ml - reduced for osmolarity. 2ml if push 60ml.**

*Vitamin C is a powerful antioxidant, proven to help neutralize the free radicals in our body that lead to oxidative stress. This helps to prevent premature skin aging and delay the visible signs of biological skin aging.*

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 1ml dilute 1:5ml NS/LR SLOW push or IM-patients can taste, bring a snack or gum**

*Supports the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more.*

## Add on:

**Glutathione 200mg/ml - 5ml dilute 1:1 NS LR slow 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.*

**Pyridoxine/thiamine B6, B1 100/20mg/ml - 0.5 - 1ml IM**

*B6 is key to the immune system as it also plays a role in producing white blood cells and T cells. These are key regulators in our immune response. B6 also helps the body make IL-2 which directs WBC activity.*

**Selenium - Recommend 2-4 brazil nuts daily in between infusions.**

*Selenium plays an important role in the health of your immune system. This antioxidant helps lower oxidative stress in your body, which reduces inflammation and enhances immunity. Studies have demonstrated that increased blood levels of selenium are associated with enhanced immune response.*

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

# Detox/Hangover

## 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 dilute 1:5ml NS/LR SLOW push or IM-patients can taste, bring a snack or gum**

*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.*

**Tralement (Zinc 3mg/Copper 0.3mg/Manganese 55mcg/Selenium 60mcg/ml) - 1ml. Added to IV bag only.**

*Combo of Zinc 3 mg, Copper 0.3 mg, Manganese 55 mcg, Selenium 60 mcg, providing essential nutrients to our hormone pathways associated with aging. Assists with replenishing some of the loss of nutrients due from drinking.*

## Add on:

**Magnesium - 400mg to IV bag instead of Tralement or Ascorbic Acid**

*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 dilute 1:1 NS LR slow 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.*

## Other

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

## Consult required for:

**Ondansetron 1- 2mg/ml - Consult required. Dose per provider.add to bag or slowly push over 2 to 5 min. Depending on nausea, 5-HT3 antagonist.**

**Famotidine - Consult required. Dose per provider.add to bag or slowly push over 2 to 5 min.**

**Ketorolac - Consult required. 15mg/ml or 30mg/ml Dose per provider.**

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



# Energy

## Ingredients:

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

**Ascorbic Acid 500mg/ml - 4ml**

*Vitamin C is a powerful antioxidant, proven to help neutralize the free radicals in our body that lead to oxidative stress. This helps to prevent premature skin aging and delay the visible signs of biological skin aging.*

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 0.5-2ml IV, dilute 1:5 NS LR as a SLOW push or IM-patients can taste, bring a snack or gum. Depending on the pH of the Bplex there can be precipitation with other additives, please visually check for particles.**

*A blend of B Vitamins helps to increase metabolism as cofactors for metabolizing carbs, fats and proteins. They support the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more.*

## Add on:

**MIC+B12 (25mg-50mg-50mg-1mg/ml) OR MIC (25/50/50mg/ml) - 1ml, IM Only. Max 1ml Weekly for up to 6 weeks then 3-4 week break without G6PD and homocysteine labs.**

*Methionine is an amino acid used in many enzymatic reactions in the body and assists in reducing our inflammation via the histamine response and in turn improves fatigue. The Inositol assists in fat metabolism and the production of serotonin, a feel good neuro transmitter which helps improve our mood and control appetite. The choline assists the liver in excreting waste products and is required for transport and metabolism of cholesterol which supports our endocrine, cardiovascular and liver function. B12 is a cofactor in all of these processes.*

**Magnesium - 600mg added to IV 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 and blood pressure and stress.*

**B12 - 1000mcg IVP, 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 reaction 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 dilute 1:1 NS LR slow 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.*

# Energy

Tralement (Zinc 3mg/Copper 0.3mg/Manganese 55mcg/Selenium 60mcg/ml) - 1ml added to IV bag.

*Combo of Zinc 3 mg, Copper 0.3 mg, Manganese 55 mcg, Selenium 60 mcg, providing essential nutrients to our hormone pathways associated with aging. We need our vitamins and minerals for our body to produce energy.*

## **Consult required for:**

**NAD IV or IM** - Consult required. Follow RX, intake and Protocol- DO NOT MIX.

*NAD aids in the production of ATP. It has a plethora of benefits, from improving athletic performance, reducing fatigue, high cholesterol, mood, blood pressure, slowly reduces aging, neurodegenerative diseases and reversing alcohol effects on the liver. It's mechanism of action as a coenzyme is part of the oxidoreductases in our body, which gives it the broad range of effects.*

**Sermorelin** - Consult required. Follow RX, intake and Protocol- DO NOT MIX

**Disclaimer: Not to be used in pregnancy, nursing UNLESS 1. Note from OBGYN 2. NO ADD ONs 3. Only 1ml Bplex twice per month**

# Fat Burner-Lipo

## Ingredients:

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

**Lysine HCL 100mg/ml - 3ml**

*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.*

**Glutathione 200mg/ml - 5ml dilute 1:1 NS LR slow 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.*

## Add on:

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 1ml IV, dilute 1:5 NS LR as a SLOW push or IM-patients can taste, bring a snack or gum. Depending on the pH of the Bplex there can be precipitation with other additives, please visually check for particles.**

*A blend of B Vitamins help to increase metabolism as cofactors for metabolizing carbs, fats and proteins. They support the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more.*

**MIC+B12 (25mg-50mg-50mg-1mg/ml) OR MIC (25/50/50mg/ml) - 1ml IM Only. Max 1ml Weekly for up to 6 weeks then 3-4 week break without G6PD and homocysteine labs.**

*Methionine is an amino acid used in many enzymatic reactions in the body and assists in reducing our inflammation via the histamine reponse and in turn improves fatigue. The Inositol assists in fat metabolism and the production of serotonin, a feel good neuro transmitter which helps improve our mood and control appetite. The choline assists the liver in excreting waste products and is required for transport and metabolism of cholesterol which supports our endocrine, cardiovascular and liver function. B12 is a cofactor in all of these processes.*

**Lipoic Acid 25mg/ml - 1-2ml IM ONLY.**

## Consult required for:

**Carnitine 500mg/ml - Consult required. Follow RX and Protocol, If prescribed administer in separate IV or IM per Rx**

**Lipoic Acid 25mg/ml - RX required. Follow RX and Protocol, If prescribed administer in separate IV or IM per Rx and vial label**

**Sermorelin - Consult required. Follow RX, intake and Protocol- DO NOT MIX**

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

# Anazao Myer's

## **Ingredients:**

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

**PlenishIV™ Nutrient Cocktail\*** Magnesium Chloride 10.5 mg/mL, Calcium Gluconate 1.3 mg/mL / Thiamine HCl 2.6 mg/mL / Riboflavin 0.05 mg/mL / Pyridoxine HCl 2.7 mg/mL / Niacinamide 2.6 mg/mL / Dexpanthenol 6.6 mg/mL / Cyanocobalamin 0.03 mg/mL

*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. - Use 50ml SDV*

*A blend of B Vitamins help to increase metabolism as cofactors for metabolizing carbs, fats and proteins. They support the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more. Magnesium supports over 300 intracellular processes.*

**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, improves iron deficiency. Protects cells from free radicals and shortens wound healing time.*

## **Add on:**

**Glutathione 200mg/ml - 5ml dilute 1:1 NS LR slow 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.*

**\*USE 50ML SDV SOLD IN THE PHARMACY**

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

# Migraine

## 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 IV, dilute 1:5 NS LR as a SLOW push or IM-patients can taste, bring a snack or gum. Depending on the pH of the Bplex there can be precipitation with other additives, please visually check for particles.

*A blend of B Vitamins help to increase metabolism as cofactors for metabolizing carbs, fats and proteins. They support the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more.*

## Add on:

**Magnesium** - 1000mg. Highly recommended to add it to IV.

*Magnesium chloride has a neuroprotective effect specifically in patients with brain injury.*

*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 and blood pressure and stress.*

**Pyridoxine/thiamine B6, B1** 100/20mg/ml - 1-2ml IM

*Pyridoxine is a kind of vitamin B that is involved in several metabolism reactions. Previous studies have shown that pyridoxine administration improve vascular functions that are link to migraine attacks. Low thiamine intake can lead to increased risk of frequent headaches. Thus, the relation between thiamine status and migraine headaches has suggested the necessity of study about dietary intake of the thiamine in migraine patients.*

**Folic Acid** 5mg/ml - 0.2-0.5ml IV or IM

**Acetaminophen** - 1000mg oral. If no liver complications.

*Analgesic*

## Consult required for:

**Ondansetron** 1- 2mg/ml - Consult required. Dose per provider.add to bag or slowly push over 2 to 5 min. Depending on nausea, 5-HT3 antagonist.

**Ketorolac** - Consult required. 15mg/ml or 30mg/ml Dose per provider. Depending on nausea level-add to bag or slowly push over 2 to 5 min/depending on trimester. Get RX if in first trimester to dispense, 5-HT3 antagonist.

**Famotidine** - Consult required. Dose per provider.add to bag or slowly push over 2 to 5 min

**Disclaimer:** without add-ons this is safe in pregnancy, nursing. B complex max 2 times per month.

# Prenatal

## **Ingredients:**

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

**Folic Acid 5mg/ml - 0.2-0.5ml**

*During pregnancy, a person needs more folic acid than usual because folic acid also helps the fetus grow and develop. One of its most important roles is preventing neural tube defects, including spina bifida and anencephaly.*

**B Plex (B1, B2, B6, B3, B5 75-2-2-75-2mg/ml) - 1ml dilute 1:5ml NS/LR SLOW push, added to IV Bag or IM-patients can taste, bring a snack or gum. Depending on the pH of the B Plex there can be precipitation with other additives, please visually check for particles.**

*A blend of B Vitamins help to increase metabolism as cofactors for metabolizing carbs, fats and proteins. They support the immune system, red and white blood cell production, energy levels, cardiovascular health, inflammation, and more.*

## **Add on:**

**B12 - 1000mcg IV, slow IVP, IM. methylated B12 will help conversion and methylation of folic acid. 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 reaction 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.**

## **Consult required for:**

**Ondansetron 1-2mg/ml - Note from OBGYN and Consult required. Dose per provider. add to bag or slowly push over 2 to 5 min.**

**Safe in pregnancy/nursing, do not give add on Bplex more than 2 times per month**

# Hydration

**Ingredients:**

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

**Disclaimer:** safe in pregnancy/nursing.