



IV Nutrient Dosing Guide

Nutrient	Dose/Route of Administration	Concentration/vial size	Caution
Alpha Lipoic Acid 10 mg/ml	IV: 100–250 mg (10 ml –25 ml) ALA In diluted 250 cc of D5W or NS (Recommended starting dose is at 50mg to test patient’s tolerance, then escalate each subsequent infusion)	10 mg/ml (10 ml –MDV vial)	Never mix anything in the same bag with ALA due to precipitations Equipment: DHEAP etc free bags. Dark room or cover over the glass bottle/tubing. Precipitates with Magnesium and calcium gluconate. Do not give by IV push.
B complex 100	IM: 1–3 ml by IM route IV: 5ml added into 250 ml–500 ml of Normal Saline bag (Recommended to be used with other nutrients like vitamin C and methylcobalamin) IV push: 5ml mixed with 5ml of Sterile water	30ml-MDV vial Thiamine HCl 100 mg/mL + Riboflavin–5–Phosphate Sodium 2.54 mg/mL + Niacinamide 100 mg/mL + Pyridoxine HCl 2mg/mL + DexaPanthenol 2 mg/mL	
Glutathione	IM: 1–3 ml by IM route IV drip/IV push: Start new patient at 600 mg–800 mg (3ml – 4ml). Do not add any other nutrients into the same IV bag/syringe with glutathione.	200mg/ml (30 ml-MDV vial)	
L-Carnitine	IM: 1ml IV: 500 mg –2000 mg in 250–500ml Normal Saline Duration: Over 45 minutes.	500 mg/ml (30 ml-MDV vial)	Use caution in Thyroid suppression L-Carntine has been associated with an increase in seizure activity. Use caution in patients with a history of seizure disorder.



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Lipotropic IM/IV	Lipotropic Plus IM formula: Give 1-3 ml on gluteal muscle once weekly. Lipotropic IV formula: IV drip: 5ml per IV ***Additional 1000 mg of L-Carnitine can be added**	Lipotropic -Plus IM formula: 50 ml -MDV vial Hydroxocobalamin 2mg/Niacinamide 15mg/Pyridoxine 15mg/ Riboflavin 5phosphate sodium 2mg/Methionine 15mg/Inositol 25mg/Choline 50mg/Thiamine 5mg/Lidocaine 10mg/L-Carnitine 50mg (per mL) Lipotropic-PLUS (NoLidocaine-IV use) Hydroxocobalamin 0.4mg/Niacinamide 15mg/Pyridoxine 15mg/ Riboflavin2mg/Methionine 15mg/Inositol 25mg/Choline 50mg/ Thiamine 5mg/L-Carnitine 50mg (per mL)	Use gluteal muscle for IM formula
Lysine/Zinc Chloride	IV drip: 1 ml per IV drip	Lysine 100mg/Zinc Sulfate 5mg/ml – 1ml PF vial	DO NOT GIVE BY IV PUSH OR IM ROUTE DUE TO pH
MIC	IM : 1-3 mlIV drip/IV push: 1-3ml	Methionine 15mg/Inositol 15mg/Choline 50 mg per ml 30ml MDV	
Migraine formula IV/IM	Migraine IM formula: IM: 1-3ml Migraine IV formula: IV: 5 ml per IV drip***IV push Toradol or Zofran can be added if appropriate***	Migraine IM formula – 20 ml-MDV Magnesium Sulfate 50mg/ Hydroxocobalamin 2mg/Riboflavin 1mg/Lidocaine-10 mg (per mL) Migraine IV Formulation-20 ml-MDV Magnesium Sulfate 100mg/ Hydroxocobalamin 0.4 mg/Riboflavin 1mg (per mL)	



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Multi-Trace & Mineral-6	IV drip: 5ml	Magnesium Chloride Hexahydrate 400mg/Calcium Chloride 100mg/Zinc Chloride 1mg/Manganese 1mg/Copper 1mg/Selenium 200mcg (per 5mL) 5ml-SDV	DO NOT GIVE BY IV PUSH OR IM ROUTE DUE TO pH
Multi-Amino Acid-6	IV drip: 5ml IV push: Mix with 10 ml of Sterile water, then give by IV push at 1-2 ml per minute	L-Glutamine 150mg/L-Arginine 250mg/L-Leucine 75mg/L-Ornithine 250mg/Glycine 25mg/Taurine 250mg (per 5mL) 30 ml-MDV	
Myers Cocktail	Myer's Complete/Myer's Plus/Myer's Enhanced: IV drip: 20 ml***Recommended adding additional Methylcobalamin into Myers Enhanced bag*** Myer's PUSH: IV push: Give 20 ml at 1-2ml per minute	Myers'-COMPLETE (20 ml vial) Magnesium Chloride Hexahydrate 800mg/Sodium Ascorbate 2250mg/Pyridoxine 102mg/Dexpanthenol 252mg/Thiamine 100mg/Riboflavin 5-phosphate sodium 2.5 mg/Niacinamide 100mg/Hydroxocobalamin 1mg (per20mL) Myers'-PLUS (20 ml vial) Sodium Ascorbate 2812.5mg/Pyridoxine 102mg/Riboflavin 5-PhosphateSodium 2.5 mg/Niacinamide 100mg/Thiamine 100mg/Hydroxocobalamin2mg/Dexpanthenol 252mg (per 20mL) Myer's-Enhanced (20 ml vial) Magnesium Chloride Hexahydrate 1000mg/Sodium Ascorbate 5625mg/Pyridoxine Hydrochloride 102 mg/Dexpanthenol 252 mg/Thiamine100mg/Riboflavin 5-Phosphate Sodium 2.5mg/Niacinamide 100 mg (per 20mL)	DO NOT GIVE Myer's complete/Myer's Plus/Myer's Enhanced by IV PUSH



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N-Acetyl Cysteine (NAC)	IV drip: 1000 mg-2000 mg per drip	200 mg/ml – 30 ml vial MDV	
Nicotinamide Adenine Dinucleotide (NAD⁺)	IV drip: 250 mg-750 mg slow infusion IM/SQ: 0.5-1ml	50 mg/ml – 20 ml vial – MDV	
Performance Enhancement shot	IM: 1-3 ml	Methylcobalamin 2mg/Taurine 50mg/L-Arginine 50mg/ml 10 ml – MDV	
Phosphatidylcholine IV	IV drip: Treatment 1: 10 ml PTC Treatment 2: 17.5 ml PTC Treatment 3-20: 25 ml PTC Recommended IV push glutathione following PTC treatment for additional therapeutic effect	50 mg/ml- 10 ml MDV	MUST USE D5W DO NOT USE NORMAL SALINE
Biotin	IV drip/IV push: 1-3 ml per IM: 1-2ml	5 mg/ml – 30 ml-MDV	DO NOT MIX BIOTIN WITH OTHER NUTRIENTS DUE TO PRECIPITATION IF GIVING IV PUSH, MUST FLUSH THE LINE BEFORE AND AFTER GIVING BIOTIN.