

VITAMIN & NUTRIENT EDUCATION

Learn what your body uses - and why it matters.

\$10 INJECTIONS AVAILABLE

IV THERAPY FROM \$99

SHOP YOUR WELLNESS GOALS

Instead of asking, “Which vitamin should I get?” start with what you want to support. Explore nutrients involved in energy, immunity, antioxidant defense, beauty, brain health, recovery and more - then ask whether an injection, IV infusion, laboratory testing or another option makes sense for you.

ENERGY, METABOLISM & WEIGHT SUPPORT

Nutrients that help your body turn food into usable energy and support normal metabolic pathways.

ENERGY • NERVES • RED BLOOD CELLS

Vitamin B12

Low B12 can show up as fatigue, weakness, brain fog, numbness or tingling. Risk can increase with metformin, long-term acid-reducing medicines, limited animal-food intake, or absorption problems. B12 is essential for healthy red blood cells, DNA production and normal nerve function. If low B12 may be part of the problem, testing and targeted replacement can take the guesswork out of supplementation.

CELL GROWTH • RED BLOOD CELLS • PREGNANCY

Folate (B9)

Folate is needed for DNA synthesis, cell division and healthy red blood cell production. Deficiency may contribute to fatigue, weakness and megaloblastic anemia, and adequate folate is especially important before and during pregnancy. Certain medications and poor intake can affect folate status. Ask whether folate support or laboratory testing fits your needs.

METABOLISM • LIVER PATHWAYS • WEIGHT SUPPORT

Lipotropic Nutrients

Lipotropic nutrients participate in normal fat metabolism and liver-related metabolic pathways. They are not a stand-alone weight-loss treatment, but may complement nutrition, movement and a provider-guided medical weight-management plan. SupremeIV offers Lipo and Lipo-B12 options for clients seeking additional metabolic nutrient support.

ENERGY • METABOLISM • NERVOUS SYSTEM

B-Complex

B vitamins work together in energy metabolism and normal nervous-system function. Low levels of specific B vitamins may contribute to fatigue, weakness, anemia, skin changes or neurologic symptoms. Alcohol use, restrictive diets, malabsorption and some medications can increase deficiency risk. B-complex provides broad B-vitamin support when clinically appropriate.

CELLULAR ENERGY • METABOLISM • VITALITY

NAD+

NAD+ is a naturally occurring coenzyme involved in cellular energy production and many metabolic reactions. NAD-related metabolism is an active area of research in aging and wellness. Our NAD+ options are intended as wellness support rather than treatment for aging or disease. It may appeal to clients interested in a cellular-energy focused wellness plan.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

IMMUNITY & RECOVERY

Support the nutrients your immune system uses every day - especially when intake, lifestyle or deficiency may leave you running low.

IMMUNE FUNCTION • COLLAGEN • ANTIOXIDANT

Vitamin C

Vitamin C supports normal immune function, collagen production, wound healing and antioxidant protection. Low intake can cause fatigue and, when severe, easy bruising, bleeding gums and poor wound healing. Smoking and limited fruit and vegetable intake can increase vitamin C needs or deficiency risk. Vitamin C is available in several SupremeIV infusion and injection options.

BONES • MUSCLES • IMMUNE FUNCTION

Vitamin D

Vitamin D helps the body absorb calcium and supports bone, muscle and immune function. Low levels may be associated with bone pain, muscle weakness or no obvious symptoms at all. Limited sun exposure, darker skin pigmentation, malabsorption and certain medications can increase deficiency risk. A blood test is the best way to know whether your vitamin D level is low.

IMMUNE FUNCTION • HEALING • CELL GROWTH

Zinc

Zinc is required for immune function, DNA synthesis, cell growth and normal wound healing. Deficiency may contribute to poor wound healing, changes in taste or smell, hair loss and increased susceptibility to infection. Risk can be higher with malabsorption, restrictive diets or inadequate intake. Zinc can be included in targeted nutrient support when appropriate.

ANTIOXIDANT ENZYMES • THYROID • IMMUNITY

Selenium

Selenium is a trace mineral used by antioxidant enzymes and is involved in thyroid hormone metabolism and immune function. True deficiency is uncommon in many U.S. adults, so more is not always better. Selenium is included in select SupremeIV blends as part of broader micronutrient support.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

ANTIOXIDANTS, CELLULAR HEALTH & HEALTHY AGING

Oxidative stress is a normal part of life. Antioxidant systems help protect cells while your body carries out everyday metabolism.

ANTIOXIDANT • CELLULAR PROTECTION • LIVER SUPPORT

Glutathione

Glutathione is an antioxidant your body naturally produces and uses to help manage oxidative stress. It also participates in normal liver detoxification pathways and cellular defense. Levels can be influenced by nutrition, illness and oxidative stress, but supplementation is not a cure-all. SupremeIV offers glutathione as an injection and in selected IV blends.

CELLULAR ENERGY • HEART • ANTIOXIDANT

CoQ10

CoQ10 is involved in mitochondrial energy production and also functions as an antioxidant. Levels may be lower with age, and statin therapy can reduce circulating CoQ10 concentrations. Some people explore CoQ10 for energy or cardiovascular wellness support. Ask whether it fits your medications and overall health plan.

GLUTATHIONE PRECURSOR • ANTIOXIDANT • MUCUS SUPPORT

NAC

N-acetylcysteine (NAC) supplies cysteine, an amino acid the body can use to make glutathione. It also has established mucolytic properties that help thin mucus in specific medical settings. NAC is used differently depending on the goal, so dosing and appropriateness should be individualized. SupremeIV offers NAC infusion therapy after provider review.

ANTIOXIDANT • CELL MEMBRANES

Vitamin E

Vitamin E is a fat-soluble antioxidant that helps protect cell membranes from oxidative damage. Deficiency is uncommon unless there is significant fat-malabsorption or another specific risk factor. Because high-dose vitamin E can interact with medications and increase bleeding risk, supplementation should be purposeful rather than automatic.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

LIVER & NATURAL DETOXIFICATION SUPPORT

Your liver, kidneys, lungs and gastrointestinal system already do the detoxing. Nutrients can support the normal pathways those organs use.

LIVER PATHWAYS • ANTIOXIDANT DEFENSE

Glutathione

Glutathione participates in normal liver detoxification reactions and helps protect cells from oxidative stress. Supporting glutathione status is different from claiming to “flush toxins” from the body. For clients interested in antioxidant and liver-wellness support, glutathione is available alone or within selected infusion blends.

GLUTATHIONE PRODUCTION • ANTIOXIDANT SUPPORT

NAC

NAC provides cysteine used to synthesize glutathione, one of the body's major endogenous antioxidants. It has specific medical uses as well as wellness applications, so it should be selected for a clear goal rather than used as a generic cleanse. Provider review helps determine whether NAC is appropriate.

METABOLIC REACTIONS • ENERGY PATHWAYS

B Vitamins

B vitamins act as cofactors in many metabolic reactions your liver and other tissues perform every day. Deficiency does not mean the body is “full of toxins,” but inadequate B-vitamin status can interfere with normal metabolism. B-complex and individual B-vitamin options allow nutrient support to be tailored.

PROTEIN BUILDING BLOCKS • TISSUE SUPPORT

Amino Acids

Amino acids are the building blocks used to make proteins, enzymes and many signaling molecules. Adequate protein and amino-acid availability supports tissue repair and normal metabolic function. SupremeIV offers amino-acid options for clients whose wellness or performance goals may benefit from additional support.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

BEAUTY: HAIR, SKIN & NAILS

Beauty starts with biology. Hair, skin and nails depend on adequate protein, micronutrients, collagen production and healthy cell turnover.

HAIR • SKIN • NAILS • METABOLISM

Biotin (B7)

Biotin helps enzymes metabolize fats, carbohydrates and amino acids. True biotin deficiency can cause hair thinning, skin rash and brittle nails, but deficiency is uncommon in otherwise healthy adults. More biotin is not automatically better - and high-dose biotin can interfere with certain lab tests. Ask whether biotin makes sense for your goals.

COLLAGEN • SKIN • ANTIOXIDANT

Vitamin C

Vitamin C is required for collagen synthesis and contributes to normal wound healing and antioxidant defense. Inadequate vitamin C can affect connective tissue and skin health. Pairing adequate nutrition with targeted vitamin C support may be useful when intake or clinical needs warrant it.

SKIN INTEGRITY • HEALING • CELL GROWTH

Zinc

Zinc supports cell division, protein synthesis and normal wound healing - all important for healthy skin. Deficiency can affect skin and hair, but excess zinc can also create problems, including copper deficiency. Targeted support is better than assuming more is always better.

PROTEIN • COLLAGEN BUILDING BLOCKS • REPAIR

Amino Acids

Hair, skin and nails are protein-rich tissues, so adequate amino acids are fundamental building material. Amino-acid support works best alongside adequate dietary protein, hydration and overall nutrition. It can be incorporated into selected wellness and performance plans.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

BRAIN, MOOD & NERVOUS SYSTEM

Several nutrients are essential to nerve signaling, neurotransmitter pathways and healthy red blood cell production.

NERVE FUNCTION • MYELIN • COGNITION

B12

B12 deficiency can cause neurologic symptoms such as numbness, tingling, balance problems or cognitive changes, sometimes even without anemia. Metformin, acid-suppressing medications and impaired absorption can increase risk. Because prolonged deficiency can injure nerves, persistent neurologic symptoms deserve medical evaluation rather than self-treatment.

NEUROTRANSMITTERS • HEMOGLOBIN • METABOLISM

B6

Vitamin B6 is involved in neurotransmitter synthesis, hemoglobin formation and amino-acid metabolism. Both deficiency and excessive long-term supplementation can cause neurologic problems, which is why dose matters. B6 is included in several B-complex and IV nutrient formulations.

DNA • RED BLOOD CELLS • NEUROCHEMISTRY

Folate

Folate supports cell division and participates in pathways involved in neurotransmitter metabolism. Low folate can contribute to megaloblastic anemia and fatigue. B12 status is especially important to consider before treating suspected folate deficiency.

NERVES • MUSCLES • ENZYME FUNCTION

Magnesium

Magnesium participates in hundreds of enzymatic reactions and supports normal nerve and muscle function. Low magnesium can occur with gastrointestinal losses, certain diuretics, prolonged proton-pump inhibitor use or other conditions. Symptoms can include weakness, cramps or abnormal heart rhythms when deficiency is significant.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

MUSCLE, BONE & PERFORMANCE

Movement depends on hydration, electrolytes, adequate protein and nutrients that support muscle contraction, bone structure and energy production.

MUSCLE FUNCTION • NERVES • ENERGY

Magnesium

Magnesium is required for normal muscle and nerve function, energy production and many enzymatic reactions. Significant deficiency can cause weakness, cramps, tremor or abnormal heart rhythms. Certain medications and gastrointestinal conditions can increase risk. Magnesium is included in several SupremeIV infusion blends.

BONES • MUSCLES • NERVE SIGNALING

Calcium

Calcium is essential for bone structure, muscle contraction, nerve signaling and blood clotting. Low blood calcium can cause tingling, muscle spasms or more serious symptoms. Both deficiency and excessive long-term supplementation can cause neurologic problems, which is why dose matters. B6 is included in several B-complex and IV nutrient formulations.

CALCIUM ABSORPTION • BONE • MUSCLE

Vitamin D

Vitamin D helps your intestines absorb calcium and is important for bone mineralization and muscle function. Deficiency can contribute to osteomalacia, bone discomfort and muscle weakness. Because symptoms can be subtle, laboratory testing is useful when deficiency is suspected.

MUSCLE PROTEIN • RECOVERY • PERFORMANCE

Amino Acids

Amino acids provide the raw material used to build and repair muscle proteins. They are not a replacement for adequate dietary protein, calories, sleep or training, but may complement a performance or recovery plan. SupremeIV's Recovery & Performance infusion combines amino acids with selected vitamins and minerals.

INTERESTED IN SUPPORTING THIS AREA?

Ask which SupremeIV injection, infusion or lab option best fits your goals.

IV THERAPY • INJECTIONS • LAB TESTING

NOT SURE WHAT YOU'RE LOW IN?

Symptoms can overlap, and more is not always better. Laboratory testing can help identify certain deficiencies and guide a more targeted plan instead of guessing.

ASK ABOUT LAB TESTING →

READY TO REPLENISH?

From \$10 nutrient injections to customized IV therapy,
find an option that fits your wellness goals.

EXPLORE / BOOK YOUR OPTIONS

Educational information only. Symptoms can have many causes and do not establish a vitamin deficiency. Services are individualized and may require provider evaluation or laboratory testing.