

# Myers Cocktail Nutritional IV

## Myers Cocktail/Immune IV

Dr. John Myers, a physician from Baltimore, Maryland pioneered the use of intravenous (IV) vitamins and minerals. After his passing in 1984, Dr. Alan Gaby continued his work and discovered that many acute and chronic conditions benefited from this treatment. A Myers Cocktail is an intravenous infusion of vitamins and mineral, particularly vitamin C, magnesium, calcium, and B-vitamins. Various botanical and homeopathic remedies may also be added to the mixture. It may be given in an IV push over 20 minutes or as an IV drip over 45 minutes.



The basic formula is made with the following:

Sterile water

Vitamin C

Magnesium chloride

Calcium chloride

Vitamin B12

Vitamin B6

## Vitamin B5

B-Complex. Depending on the individual, other additives may be included such as Zinc, trace-minerals, or various homeopathic remedies.

Indications for Myers are as follows:

Chronic fatigue including Epstein Barr Virus syndrome

Fibromyalgia

Chronic depression

Acute and chronic muscle spasm or fibrosis

Acute or chronic asthma

Acute or chronic urticaria (hives)

Seasonal allergic rhinitis

Ischemic vascular disease

Acute or chronic infections

Senile dementia

Inflammation and pain

Migraine headaches

Sinusitis

Narcotic withdrawal

Athletic performance

Side effects and precautions:

The Myers cocktail is well tolerated by most patients, and after many thousands of treatments, no serious adverse events have occurred. Kidney function needs to be adequate for any IV therapy and end-stage renal disease is a contraindication for this therapy. Patients with Congestive Heart Failure need to be monitored closely for fluid overload. As with any IV therapy, allergy and anaphylaxis can occur. Starting slow and with a lower dose helps to prevent any serious complications. Often patients receiving this therapy will feel warm due to the vasodilating properties of magnesium. This is a good sign and one of the reasons magnesium helps with pain and causes relaxation.

