**B vitamins** are necessary for the proper functioning of the methylation cycle, DNA synthesis, repair and maintenance of phospholipids and generally essential for healthy skin, muscles, brain, and nerve functionality. The individual functions are described below but often they work together to achieve the required effect.

**Phospholipids** make up the backbone of the cell membrane, the wall between the contents of our cell (cytosol) and the bloodstream. Without phospholipids, our cells would have no form, no structure.

**Vitamin B1(Thiamine)**

Vitamin B1 plays an important role in energy metabolism, immunity boosting and functioning of nervous system. It can help avoid type 2 diabetes, several cardiovascular diseases, some vision and kidney disorders and neurodegenerative diseases like Alzheimer’s disease.

**Vitamin B2 (Riboflavin)**

Vitamin B2 is a powerful antioxidant and plays a vital role in maintaining healthy blood cells and boosts metabolism.

**Vitamin B3 (Niacin)**

Niacin plays a critical role in proper functioning of the nervous and digestive systems. Like other vitamins from the family, it is necessary for energy production and metabolism of fatty acids. It also provides healthy skin, nails, and hair.

**Vitamin B5 (Pantothenic Acid)**

Pantothenic acid is essential for healthy development of the central nervous system. It is involved in energy production and through different metabolic and anabolic cycles in development of amino acids, blood cells, vitaminD3 and other fatty acids.

**Vitamin B6 (Pyridoxine)**

Vitamin B6 has a very influential role in synthesis of neurotransmitters and is essential for good mental health. It also has a direct effect on immune function. It plays a role in metabolism of amino acids and is a necessary co-factor in the folate cycle, lack of which can lead to anemia.

**Vitamin B12**

Vitamin B12, is an important vitamin needed for the brain, nerves, and production of red blood cells in the body. It is used to treat not only vitamin B12 deficiency, but also other conditions, such as pernicious anemia and diabetes. It also helps increase metabolic energy and improve mood regulation. Some clinical trials are also testing its use in people with dementia as well.

**Zinc**

Zinc is an important component of the immune system. It increases white blood cell production to help fight off disease and helps reduce inflammation by downregulation of inflammatory cytokines. Zinc also strengthens skin and nails.

**Magnesium**

Magnesium affects movement of Potassium and Calcium in the heart muscle and can help regulate certain heart arrhythmias. Magnesium also relaxes muscles throughout the body, including those in the airways of the lungs and the blood vessels. Studies show it can help those with asthma and hypertension. Magnesium can help regulate blood sugar and improve certain nervous system disorders. Studies show that Magnesium often improves anxiety.

**VitaminD3**

Vitamin D Boosts your immune system, decreases inflammation, and has antiviral properties.

**Vitamin C (Ascorbic Acid)**

Vitamin C, especially at higher doses, plays an important part in the immune response by helping the body fight bacteria and viruses. It can cause a reduction in blood vessel inflammation and strengthen vessel walls. Vitamin C increases collagen in the body, making connective tissue and skin stronger. Many studies have proved anti-tumor effects of Vitamin C, and this important vitamin can even give you extra energy.

**Glutathione**

This naturally occurring peptide (3 amino acids) is the Master Antioxidant and can help prevent and treat viral infections, like COVID 19, by reducing viral loads and inflammation (cytokine storm). Glutathione decreases with age and is difficult to get from diet alone. It has shown to have anti-tumor properties and can protect the cells during cancer treatments. Glutathione helps the liver detoxify the body of toxins and can help speed up recovery from a hangover. It also aids in weight loss, improves skin tone, and helps you sleep better.

**Tri-Amino Blend**

An amino acid compound of L-Arginine, L-Citrulline, and L-Ornithine that can play a critical role in cardiovascular health, vasodilation, erectile disfunction, and general health and longevity. It can relax blood vessels, improving blood flow and lowering blood pressure. Tri-Amino blend can improve lean body mass and athletic performance.

**MIC/LIPO**

A lipotropic compound comprised of Methionine, Inositol, and Choline.

* Methionine is an amino acid that plays an important role in the breakdown of fat.
* Inositol is a sugar alcohol that helps with insulin sensitivity and increases metabolism.
* Choline is essential for transporting fat stored in the liver to other parts of the body, where it is used for energy. B12

**NAD**

NAD is a coenzyme that occurs naturally in almost all the cells in your body. It has been shown to improve clarity, increase energy and endurance, improve mood, help you sleep better, protect against stress, reduce inflammation, and help alleviate symptoms of addiction withdrawal.

**Zofran**

Zofran works by blocking one of the body's natural substances (serotonin) that causes vomiting. Peaks in about10 minutes when given IV and 2 hours when given IM. The anti-nausea effects last for approximately 8 hours. This medication might cause slight drowsiness, but it is rare.

**Toradol**

Toradol is a potent nonsteroidal anti-inflammatory medication that reduces pain and treats fever. The peak analgesic effect of IV Toradol is 30 minutes to 1 hour, and IM Toradol peak occurs within 2 hours. Some notice effects of IV Toradol within 15 minutes of administration. Toradol lasts for approximately 6 hours.

**LR (Lactated Ringers)**

IV fluid that is made up of fluid, sodium chloride, sodium lactate, potassium chloride, and calcium chloride. It is very similar to the body's natural fluids with electrolytes. The amount of electrolytes cause this to be a balanced fluid within the body.