



## YOUR HIGH-DOSE VITAMIN C GUIDE

# High-dose Vitamin C IV

Everything you need to know about your Vitamin C infusion — therapeutic doses delivered directly to your cells.

**DOSES:** 10g–75g

**DURATION:** 60–120 minutes

## 01 THE BASICS

### Why high-dose Vitamin C?

High-dose Vitamin C IV delivers concentrations 50–70x higher than what's achievable orally. At these levels, Vitamin C acts as a powerful antioxidant, supports immune function, and promotes tissue repair.

Your body can only absorb so much Vitamin C through digestion — roughly 200mg at a time, no matter how many pills you take. IV bypasses that limit entirely, delivering therapeutic doses directly to your cells.

## 02 HOW IT WORKS

### What high-dose Vitamin

# C does

At therapeutic doses, Vitamin C does far more than fight colds.

## Immune Support

At high doses, Vitamin C generates hydrogen peroxide in tissues, which supports immune response and helps your body fight infections.

## Antioxidant Power

Acts as a potent free radical scavenger — neutralizing oxidative stress that damages cells and accelerates aging.

## Collagen Production

Supports collagen synthesis for skin health, wound healing, and tissue repair throughout your body.

## Cellular Repair

Supports iron absorption and cellular repair processes. Helps your body recover faster from illness, stress, and physical demands.

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## 03 PRICING

# Choose your dose

Higher doses provide more therapeutic benefit. Your provider will recommend the right dose for your goals.

10 G

# \$215

Immune support and general wellness.  
Good for regular maintenance.

25 G

# \$255

Enhanced immune support and antioxidant benefit. Popular for prevention.

**MOST POPULAR**

50 G

**\$330**

Therapeutic dose for chronic illness support, recovery, and deep antioxidant benefit.

75 G

**\$400**

Maximum dose. Cancer adjunct care (with oncologist approval) and intensive protocols.

## 04 INSTRUCTIONS

# What to know before your session

1

### HYDRATE WELL

Drink plenty of water before and after your session. Good hydration supports absorption and reduces potential side effects.

2

### EAT A LIGHT MEAL

Have a light meal before your session. Don't come on an empty stomach — it helps prevent nausea.

3

### ALLOW ENOUGH TIME

Sessions run 60–120 minutes depending on dose. Higher doses require slower infusion rates for comfort and safety.

4

### RELAX AND RECHARGE

Bring something to read, watch, or work on. Sessions are comfortable — you can relax while your cells recharge.

## What to expect

Benefits begin quickly and compound with regular sessions.

### IMMEDIATELY

Improved hydration and energy. Many patients feel a boost within hours of their session.

### 24–48 HOURS

Immune support and reduced inflammation. Your body is actively using the Vitamin C for repair and defense.

### REGULAR SESSIONS

Cumulative antioxidant and wellness benefits. Consistent sessions keep your immune system strong and cells protected.

## Important safety

# information

## IMPORTANT CONSIDERATIONS:

- ✗ G6PD deficiency screening may be required before high doses (50g+)
- ✗ Kidney disease patients should consult their provider first
- ✗ Inform your provider of all medications
- ✗ Not recommended during pregnancy/breastfeeding

## POSSIBLE SIDE EFFECTS:

- Mild nausea (especially on empty stomach)
- Vein irritation at IV site
- Temporary thirst or dry mouth
- Mild lightheadedness

Generally well tolerated. Side effects are mild and typically resolve quickly. Let your nurse know if you experience discomfort.

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**Important:** Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease.

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## Questions? We're here.

Whether you want to schedule your next session or discuss the right dose, our team can help.

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