

## FAST FACTS

# IV Vitamins

## *Intravenous nutrient therapy*

### What

IV vitamins, otherwise known as IV therapy or intravenous nutrient therapy involves the administration of vitamins, minerals and other micronutrients directly into the blood stream via intravenous infusion (directly into the vein). In some cases, such as iron or vitamin B12, intramuscular (into the muscle) injection known as boosters can be used instead of, or alongside, intravenous therapy.

Intravenous therapy can also be used for rapid rehydration and electrolyte balance for people who have mild acute dehydration or chronic unintentional dehydration, where rehydration is intended to improve inter/intra-cellular communication and metabolism.

### How it works

Oral administration of nutrients (tablets, capsules, powders) are dependent on 2 main critical factors:

1. The therapeutic substance is delivered in a form that promotes absorption and assimilation of the nutrient(s) from the gastro-intestinal tract (GIT).
2. Time for absorption from administration, as well as sufficient time for multiple successive doses to reach levels that are therapeutically effective.

Several other factors can also inform the choice between standard oral administration or IV administration, such as, the number of nutrients to be delivered, and the current health state of the individual and their GIT to be able to receive and absorb supplements, as well as the tolerable limit of the GIT to metabolise nutrients such as vitamin C.

IV therapy, delivered via a canula inserted into a vein in the arm, allows for higher doses of nutrients to be delivered directly into the blood stream, bypassing potential limitations of GIT absorption and assimilation.



### Pros

- May assist with fatigue and energy metabolism
- Rapidly corrects for nutrient and cofactor deficiencies and improve metabolism
- Rapidly improves hydration and electrolyte balance
- May improve nutrient assimilation in people with GIT disorders or metabolic dysfunctions

### Cons

- High dose nutrient administration may not be suitable for everyone
- Involves insertion of an IV canula into a vein in the arm
- IV therapies require a prescription from a registered medical doctor and administration by a doctor or registered nurse.

### Contraindications

IV nutrients are prescription only medications and are not suitable for people with certain medical conditions or those taking certain medications. Evaluation by an appropriately qualified medical practitioner is required.

### Learn more

[WebMD](#)