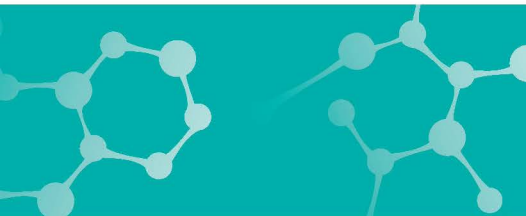


PROTOCOLS



IDEXIS
S T E R I L E

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IMPORTANT IV NOTES

Ethically and safely

- Every IV should be done ethically correct, by a medical doctor trained in IV therapies with a full history, examination (including observations) and documentation of any allergies.
- The doctor should sign off special investigations (pretesting), and informed consent needs be obtained from patients.
- Moreover, any complications, side-effects and contra-indications should be discussed and considered with patients. A follow up must then be scheduled.
- On the day of the IV treatment, all patients are required to have their observations checked, a urine test performed, and patients asked to document their last meals.
- In addition, all IV treatment patients must be monitored at all times for symptoms like dizziness, nausea, confusion, cramps, pain at the drips site, sweating etc.
- If there is no doctor on site to deal with emergencies - no treatment should be administered.
- In fact, not only should a doctor be present, but a resuscitation trolley should be available in the treatment room.
- Medical practitioners and nurses must ideally have a Basic Life Support Certification, with at least one practitioner being Advanced Life support Certified.
- Notably, certain treatments should be administered over at least three hours, as doing it faster may cause severe side-effects, and even lead to the death.
- If the patient has never had a nutrient IV, then always start with a low-dose of your combination and watch for tolerance before you increase the dose.
- Remember: Once it's in the vein, you can't take it out!

DO'S AND DON'TS OF IV NUTRIENT THERAPY

- Do not use β -NAD with Bco unless in a separate bag as B2 causes a colour change.
- When using β -NAD never administer a drip faster than 125 mg of β -NAD/hour.
- Always administer Glutathione in a separate 50 ml bag.
- Precautions: Rapid infusion can provoke respiratory distress, coughing, rhinorrhea, and vertigo.
- Glutathione: use contraindicated in high dose ascorbate in oncology.
- Don't use a high pH nutrient like Alpha Lipoic Acid and a low pH like Zinc together in a small drip bag as the pH difference might cause a separation or a reaction.

The potential use of IV therapies includes, but is not limited, to:

- Malabsorption syndromes
- Chemotherapy/cancer therapies
- Chronic fatigue syndrome
- Detoxification
- Gastric bypass patients
- Peri-operatively
- Macular degeneration
- Chelation therapies
- Anti-ageing
- PMS relief
- Hair treatments

INDEX

GENERAL HEALTH

AESTHETICS

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MENTAL HEALTH

MALE + FEMALE

DETOX

OTHER

ANTI-OXIDANT

Product Ingredients	Dose in ml
Drip 1	
Carnitine 100 mg/ml (10 ml)	4,0
Selenium 40 µg/ml (5 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,5
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Taurine 50 mg/ml (10 ml)	2,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (50 ml)	15,0
Drip 2 (in separate 200 ml saline)	
β-NAD 125 mg/ml (4 ml)	4,0
Drip 3 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	10,0
Sundries Quantity	
Saline 200 ml	1
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Always run in β-NAD at a dripspeed not faster than 125 mg/hour
- Use Vitamin B-Co separate from β-NAD

ANTI-OXIDANT

iDEXIS Complimentary Products

Alpha Lipoic Acid 250 mg Capsules 60

Andrographis 200 mg Capsules 60

Co-Enzyme Q10 100 mg Capsules 60

N-Acetyl-L-Cysteine 500 mg Capsules 60

NRF2 Activator Capsules 60

Quercetin 500 mg Capsules 60

Vitamin C (Buffered) 500 mg Capsules 60

Zinc Complex Capsules 60

ASTHMA

Product Ingredients	Dose in ml
Drip 1	
Arginine 100 mg/ml (10 ml)	10,0-50,0
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

ASTHMA

iDEXIS Complimentary Products

Bromelain 40 mg Capsules 12

Inositol 500 mg Capsules 60

N-Acetyl-L-Cysteine 500 mg Capsules 60

PheniraBetaSone Capsules 30

Potassium Iodide 12,5 mg Capsules 60

EXPRESS IMMUNE

Product Ingredients	Dose in ml
Drip 1	
Ascorbic Acid 500 mg/ml (50 ml)	50,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0-10,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Sterile Water 250 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Sterile Water 250 ml. Remove 50 ml from the IV bag (equal to volume of vitamin C)

EXPRESS IMMUNE

iDEXIS Complimentary Products

Alpha Lipoic Acid 250 mg Capsules 60

Immune 4U Capsules 60

Probiotic Forte Capsules 60

Quercetin 500 mg Capsules 60

Stem Prime Capsules 120

Sup-A-Ton Capsules 30

Vitamin C (Buffered) 500 mg Capsules 60

Vitamin D3- 1 000 iu Capsules 30

Zinc Complex Capsules 60

IMMUNE BOOSTER

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Zinc Sulphate 10 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	5,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

IMMUNE BOOSTER

iDEXIS Complimentary Products

Alpha Lipoic Acid 250 mg Capsules 60

Immune 4U Capsules 60

Probiotic Forte Capsules 60

Quercetin 500 mg Capsules 60

Stem Prime Capsules 120

Sup-A-Ton Capsules 30

Vitamin C (Buffered) 500 mg Capsules 60

Vitamin D3- 1 000 iu Capsules 30

Zinc Complex Capsules 60

MYER'S PROTOCOL

Product Ingredients	Dose in ml
Drip 1	
Myer's Cocktail (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Zinc Sulphate 10 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	5,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

MYER'S PROTOCOL

iDEXIS Complimentary Products

Mitochondrial Energy & Repair
Capsules 90

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

Pyrroloquinoline Quinone 10 mg +
Co-Enzyme Q10 50 mg Capsules 60

POST COVID PROTOCOL

Product Ingredients	Dose in ml
Drip 1 (in 200 ml saline)	
MSM 100 mg/ml (10 ml)	2,0
D-Ribose 500 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	3,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Ascorbic Acid 500 mg/ml (50 ml)	15,0
Selenium 40 µg/ml (5 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	5,0
Drip 3 (in separate 200 ml saline)	
β-NAD 125 mg/ml (4 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Always run in β-NAD at a dripspeed not faster than 125 mg/hour
- Use Vitamin B-Co separate from β-NAD

POST COVID PROTOCOL

iDEXIS Complimentary Products

Adrenal Burnout Capsules 60

Benfotiamine 300 mg Capsules 60

Cortipin Capsules 90

Mitochondrial Energy & Repair
Capsules 90

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

Pyrroloquinoline Quinone 10 mg +
Co-Enzyme Q10 50 mg Capsules 60

Quercetin 500 mg Capsules 60

Stem Prime Capsules 120

Sup-A-Ton Capsules 30

Vitamin C (Buffered) 500 mg Capsules 60

Vitamin D3- 1 000 iu Capsules 30

Zinc Complex Capsules 60

SINUS & ALLERGY SUPPORT

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
N-Acetylcysteine 200 mg/ml (10 ml)	10,0
Zinc Sulphate 10 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- **MAKE SURE YOUR PATIENT IS NOT SENSITIVE TO SULPHUR BEFORE ADMINISTERING THE DRIP**

SINUS & ALLERGY SUPPORT

iDEXIS Complimentary Products

Atryzine 25 mg Capsules 20

Bromelain 40 mg Capsules 12

Inositol 500 mg Capsules 60

Mupirocin Nasal Ointment 3,5g

N-Acetyl-L-Cysteine 500 mg Capsules 60

PheniraBetaSone Capsules 30

Promethazine 25 mg Tablets 30

BEAUTY BOOSTER

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,5
Alpha Lipoic Acid 25 mg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (50 ml)	15,0
Drip 2 (in separate 200 ml saline)	
β-NAD 125 mg/ml (4 ml)	4,0
Drip 3 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	10,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Always run in β-NAD at a dripspeed not faster than 125 mg/hour.
- Use Vitamin B-Co separate from β-NAD.

BEAUTY BOOSTER

iDEXIS Complimentary Products

Biotin 5 mg Capsules 60

β-NAD 250 mg/ml Penfill (2,4 ml)

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

BEAUTY BOOSTER PREMIUM

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
Taurine 50 mg/ml (10 ml)	2,0
MSM 100 mg/ml (10 ml)	2,0
D-Ribose 500 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,0
Drip 2 (in separate 200 ml saline)	
β -NAD 125 mg/ml (4 ml)	4,0
Drip 3 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	10,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Always run in β -NAD at a dripspeed not faster than 125 mg/hour.
- Use Vitamin B-Co separate from β -NAD.

BEAUTY BOOSTER PREMIUM

iDEXIS Complimentary Products

AcneHealth Capsules 60

Biotin 5 mg Capsules 60

β -NAD 250 mg/ml Penfill (2,4 ml)

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

Retinol 0,3% Serum 30 ml

Retinol Maintenance Serum 30 ml

Tretinoin Cream 15 g

COLLAGEN BOOSTER

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Arginine 100 mg/ml (10 ml)	4,0
Lysine 100 mg/ml (10 ml)	2,0
Proline 50 mg/ml (10 ml)	4,0
Ascorbic Acid 500 mg/ml (50 ml)	15,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

COLLAGEN BOOSTER

iDEXIS Complimentary Products

Betaine HCL & Pepsin Capsules 60

Biotin 5 mg Capsules 60

Collagen Capsules 60

Collagen 500 g Powder

HAIR GROWTH

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	2,0
Arginine 100 mg/ml (10 ml)	2,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Zinc Sulphate 10 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

HAIR GROWTH

iDEXIS Complimentary Products

Biotin 5 mg Capsules 60

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

Minoxidil Capsules

Topical Minoxidil

HAIR GROWTH PREMIUM

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
MSM 100 mg/ml (10 ml)	2,0
D-Ribose 500 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	3,0
Arginine 100 mg/ml (10 ml)	4,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Zinc Sulphate 10 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	10,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

HAIR GROWTH PREMIUM

iDEXIS Complimentary Products

Biotin 5 mg Capsules 60

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

Minoxidil Capsules

Minoxidil 5 % + Caffeine 2 %

Topical Gel 50 ml

Minoxidil 9 % + Latanoprost 0,0003 %

Topical Solution 50 ml

NAD +

Product Ingredients	Dose in ml
Drip 1	
β-NAD 125 mg/ml (4 ml)	4,0
Sundries Quantity	
Saline 500 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- At 55 drops intravenously per minute as patient tolerates (when using a 20 dropper)
- Drip rates are recommended to start slowly at 30 drops per minute for the first 30 minutes and increasing to 55 drops as the patient tolerates.
- Infusion over 3+ hours.
- The IV's should not exceed a drip rate of 60 drops per minute.

NAD +

iDEXIS Complimentary Products

Ashwaganda 500 mg Capsules 60

β-NAD 250 mg/ml Penfill (2,4 ml)

Co-Enzyme Q10 100 mg Capsules 60

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

Pyrroloquinoline Quinone 10 mg +
Co-Enzyme Q10 50 mg Capsules 60

Sup-A-Ton Capsules 30

SKIN HEALTH

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	2,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (50 ml)	15,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

SKIN HEALTH

iDEXIS Complimentary Products
AcneHealth Capsules 60
Biotin 5 mg Capsules 60
β-NAD 250 mg/ml Penfill (2,4 ml)
Collagen Capsules 60
Collagen 500 g Powder
Hair, Nail & Skin Restore Capsules 60
NAD 50 mg & D-Ribose 400 mg Capsules 60
Nicotinamide Mononucleotide 300 mg Capsules 60
Retinol 0,3% Serum 30 ml
Retinol Maintenance Serum 30 ml
Tretinoin Cream 15 g

SKIN RADIANCE

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Zinc Sulphate 10 mg/ml (10 ml)	1,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
D5%W 50 ml or Saline 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

SKIN RADIANCE

iDEXIS Complimentary Products

Biotin 5 mg Capsules 60

β-NAD 250 mg/ml Penfill (2,4 ml)

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

L-Glutathione 10 % Cream 50 g

Nicotinamide Mononucleotide 300 mg
Capsules 60

Retinol 0,3% Serum 30 ml

Retinol Maintenance Serum 30 ml

Skin Lightening Capsules 60

SKIN RADIANCE DELUX

Product Ingredients	Dose in ml
Drip 1	
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Trace Elements (10 ml)	2,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	1,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

SKIN RADIANCE DELUX

iDEXIS Complimentary Products

AcneHealth Capsules 60

Biotin 5 mg Capsules 60

β-NAD 250 mg/ml Penfill (2,4 ml)

Collagen Capsules 60

Collagen 500 g Powder

Hair, Nail & Skin Restore Capsules 60

L-Glutathione 10 % Cream 50 g

NAD 50 mg & D-Ribose 400 mg
Capsules 60

Nicotinamide Mononucleotide 300 mg
Capsules 60

Retinol 0,3% Serum 30 ml

Retinol Maintenance Serum 30 ml

Skin Lightening Capsules 60

Tretinoin Cream 15 g

WEIGHT-LOSS

Product Ingredients	Dose in ml
Drip 1	
Arginine 100 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	2,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Trace Elements (10 ml)	2,0
Glutamine 30 mg/ml (10 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

WEIGHT-LOSS

iDEXIS Complimentary Products

7-Keto DHEA Capsules

Chromium Picolinate 200 µg Capsules 90

CLA 80 % 1000 mg Softgel Capsules 90

Fatburner Capsules 90

Garcinia Cambogia 1000 mg Capsules 90

Slimming Shake 900 g

Target (appetite blocker) Capsules 90

Water Retention Capsules 30

WEIGHT-LOSS PLUS

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	2,0
Arginine 100 mg/ml (10 ml)	2,0
MIC (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	10,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

WEIGHT-LOSS PLUS

iDEXIS Complimentary Products

7-Keto DHEA Capsules

Apple Cider Vinegar Plus Capsules 60

Berberine 500 mg Capsules 60

Chromium Picolinate 200 µg Capsules 90

CLA 80 % 1000 mg Softgel Capsules 90

Fatburner Capsules 90

Garcinia Cambogia 1000 mg Capsules 90

Green Tea Capsules 60

Hoodia Gordonii 450 mg Capsules 60

Inositol 500 mg Capsules 60

L-Carnitine 200 mg Capsules 60

L-Carnitine 250 g Powder

Metformin + B12 Capsules SR

Slimming Shake 900 g

Target (appetite blocker) Capsules 90

Water Retention Capsules 30

ENERGY BOOSTER

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
Carnitine 100 mg/ml (10 ml)	3,0
Ascorbic Acid 500 mg/ml (10 ml)	6,0
D-Ribose 500 mg/ml (10 ml)	4,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Drip 2 (in a separate D5%W 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
Sundries Quantity	
Saline 200 ml	1
D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

ENERGY BOOSTER

iDEXIS Complimentary Products

Adrenal Burnout Capsules 60

Ashwaganda 500 mg Capsules 60

Fatigue Capsules 120

Ginseng (Siberian) 350 mg Capsules 60

L-Glycine 250 g Powder

L-Glycine 500 mg Capsules 60

Magnesium Chelate Capsules 120

Moringa 500 mg Capsules 90

Stamina Capsules 60

Sup-A-Ton Capsules 30

Vitamin B Complex Capsules 60

EVENT RECOVERY

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
D-Ribose 500 mg/ml (10 ml)	3,0
Carnitine 100 mg/ml (10 ml)	2,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Trace Elements (10 ml)	1,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Drip 2 (in a separate D5%W 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
Sundries Quantity	
Saline 200 ml	1
D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

EVENT RECOVERY

iDEXIS Complimentary Products

Adrenal Burnout Capsules 60

Calcium Magnesium Capsules 60

DMG (N-N Dimethyl Glycine) 300 mg
Capsules 60

Guarana 400 mg Capsules 60

L-Glutamine 250 g Powder

Magnesium Chelate Capsules 120

Nicotinamide Mononucleotide 300 mg
Capsules 60

Sup-A-Ton Capsules 30

Vitamin B Complex Capsules 60

Vitamin D3- 5 000 iu +
Vitamin K2- 200 µg Capsules 60

ULTIMATE HYDRATION

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	3,0
Ascorbic Acid 500 mg/ml (10 ml)	3,0
D-Ribose 500 mg/ml (10 ml)	4,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

ULTIMATE HYDRATION

iDEXIS Complimentary Products

Calcium Magnesium Capsules 60

Fatigue Capsules 120

Magnesium Chelate Capsules 120

Mitochondrial Energy & Repair
Capsules 90

Muscle Restore Capsules 60

NAD 50 mg & D-Ribose 400 mg
Capsules 60

pH Balance Capsules 180

StressRelax Powder 180 g

Vitamin B Complex Capsules 60

BRAIN BOOSTER

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Zinc Sulphate 10 mg/ml (10 ml)	1,0
Taurine 50 mg/ml (10 ml)	4,0
Folic Acid (B9) 10 mg/ml (10 ml)	4,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

BRAIN BOOSTER

iDEXIS Complimentary Products

5-HTP Capsules

Ashwaganda 500 mg Capsules 60

Benfotiamine 300 mg Capsules 60

Brain Support Capsules 60

Fatigue Capsules 120

Magnesium L-Threonate 667 mg
Capsules 60

Mitochondrial Energy & Repair
Capsules 90

Phosphatidylserine Capsules

Pyrroloquinoline Quinone 10 mg +
Co-Enzyme Q10 50 mg Capsules 60

Stress PLUS Capsules 60

Vitamin B Complex Capsules 60

MENTAL VITALITY

Product Ingredients	Dose in ml
Drip 1	
Myer's Cocktail (10 ml)	10,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	3,0-4,0

Note

- Glutathione infused over 15 - 20 minutes, 2 - 3 times per week.
- Precautions: Rapid infusion can provoke respiratory distress, coughing, rhinorrhea, and vertigo.

Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

MENTAL VITALITY

iDEXIS Complimentary Products

5-HTP Capsules

Ashwaganda 500 mg Capsules 60

Brain Support Capsules 60

Fatigue Capsules 120

GABA 500 mg Capsules 60

Gabatropin Capsules

Lithium Orotate Capsules

L-Tryptophan 500 mg Capsules 60

Moclobemide 150 mg Capsules 60

Magnesium L-Threonate 667 mg
Capsules 60

Phosphatidylserine Capsules

Pregnenolone 100 mg Capsules SR 30

Pyrroloquinoline Quinone 10 mg +
Co-Enzyme Q10 50 mg Capsules 60

Stress PLUS Capsules 60

Stress Relax 180 g Powder

Vitamin B Complex Capsules 60

MALE & FEMALE LIBIDO

Product Ingredients	Dose in ml
Drip 1	
Cyanocobalamin (B12) 1 mg/ml (10 ml)	2,0
MSM 100 mg/ml (10 ml)	2,0
D-Ribose 500 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,0
Arginine 100 mg/ml (10 ml)	10,0
Taurine 50 mg/ml (10 ml)	10,0
Selenium 40 µg/ml (5 ml)	2,0
Zinc Sulphate 10 mg/ml (10 ml)	1,0
Carnitine 100 mg/ml (10 ml)	10,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	8,0
IM Injection	
Vitamin B-Co (10 ml)	2,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- **MAKE SURE YOUR PATIENT IS NOT SENSITIVE TO SULPHUR BEFORE ADMINISTERING THE DRIP**

MALE & FEMALE LIBIDO

iDEXIS Complimentary Products

Ashwaganda 500 mg Capsules 60

Libido Capsules 60

Horny Goat Weed Plus Capsules 60

Oxytocin Nasal Spray 80 iu/ml (8 iu/
spray) 25 ml

Saw Palmetto Plus Capsules 60

Stamina Capsules 60

Sildenafil Capsules

Tadalafil Capsules

Tadalafil + L-Arginine Capsules 30

Tribulus Terrestris 500 mg Capsules 60

DETOX

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

DETOX

iDEXIS Complimentary Products

Charcoal Activated Capsules 60

Liver Detox Capsules 120

L-Glutathione 500 mg Capsules 30

Milk Thistle 400 mg Capsules 60

Molybdenum 100 µg Capsules 60

N-Acetyl-L-Cysteine 500 mg Capsules 60

Phosphatidylcholine 500 mg Capsules 60

DETOX PLUS

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
Carnitine 100 mg/ml (10 ml)	2,0
N-Acetylcysteine 200 mg/ml (10 ml)	2,0
Alpha Lipoic Acid 25 mg/ml (5 ml)	1,0
Glutamine 30 mg/ml (10 ml)	2,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
D5%W 50 ml or Saline 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

DETOX PLUS

iDEXIS Complimentary Products

Alpha Lipoic Acid 250 mg Capsules 60

Calcium-D-Glucarate 500 mg
Capsules 60

Charcoal Activated Capsules 60

Liver Detox Capsules 120

L-Glutathione 500 mg Capsules 30

Milk Thistle 400 mg Capsules 60

Molybdenum 100 µg Capsules 60

N-Acetyl-L-Cysteine 500 mg Capsules 60

Phosphatidylcholine 500 mg Capsules 60

GLUTATHIONE

Product Ingredients	Dose in ml
Drip 1 (in a 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	7,5-12,5

Note

- Administered in a 50 ml D5%W solution bag, over 20 - 30 minutes for 30 days.
- Frequency of administration is 1 - 3 times per week for 4 - 8 weeks.
- If using GSH in a suspect patient give it in a very slow push or in a 100 ml bag of saline. This test dose needs to be low (100 - 500 mg)

Sundries Quantity	
D5%W 50 ml or Saline 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

GLUTATHIONE

iDEXIS Complimentary Products

N-Acetyl-L-Cysteine 500 mg Capsules 60

Phosphatidylcholine 500 mg Capsules 60

Probiotic Forte Capsules 60

Stem Prime Capsules 120

Vitamin C (Buffered) 500 mg Capsules 60

CARDIAC

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

CARDIAC

iDEXIS Complimentary Products

Advance Methyl Complex Capsules 90

Artery Defense Capsules 60

Co-Enzyme Q10 100 mg Capsules 60

Flaxseed Oil 1000 mg Softgel
Capsules 90

Heart Optimun Capsules 30

Homocysteine Factor Capsules 90

Inositol 500 mg Capsules 60

Omega 3 (Fish Oil) 1000 mg Softgel
Capsules 90

Potassium Glycinate 99 mg Capsules 60

Red Rice Yeast Extract 500 mg,
Co-Enzyme Q10 30 mg &
Alpha Lipoic Acid 20 mg Capsules 60

Resveratrol & Grapeseed Capsules 60

Vitamin D3- 5 000 iu +
Vitamin K2- 200 µg Capsules 60

HIGH DOSE VITAMIN C

Product Ingredients	Dose in ml
Drip 1	
Ascorbic Acid 500 mg/ml (50 ml)	50,0
Magnesium Sulphate 500 mg/ml (10 ml)	3,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	1,0
Pyridoxine (B6) 100 mg/ml (10 ml)	1,0
Folic Acid (B9) 10 mg/ml (10 ml)	1,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Trace Elements (10 ml)	2,0
Calcium Gluconate 100 mg/ml (10 ml)	2,0
HCL (Hydrochloric Acid) 0,03 % (10 ml)	5,0
KCL (Potassium Chloride) 150 mg/ml (10 ml)	2,0
IM Injection	
Vitamin B-Co (10 ml)	0,5
Sundries Quantity	
Sterile Water 250 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Sterile Water 250 ml. Remove 50 ml from the IV bag (equal to volume of vitamin C)
- Infuse over 2 - 2,5 hours
- If patient shows discomfort in the arm, slow the infusion rate, check for infiltration. Encourage patient to drink water. Assess for nausea and hypoglycemia.

HIGH DOSE VITAMIN C

iDEXIS Complimentary Products

Betamethasone Tablets - Scored

L-Glutathione 500 mg Capsules 30

LD Naltrexone Capsules

GUT

Product Ingredients	Dose in ml
Drip 1	
Zinc Sulphate 10 mg/ml (10 ml)	1,0
Glutamine 30 mg/ml (10 ml)	4,0
Dexpanthenol (B5) 250 mg/ml (5 ml)	1,0
Ascorbic Acid 500 mg/ml (10 ml)	10,0
Cyanocobalamin (B12) 1 mg/ml (10 ml)	1,0
Magnesium Sulphate 500 mg/ml (10 ml)	2,0
Biotin (B7) 5 mg/ml (10 ml)	2,0
Selenium 40 µg/ml (5 ml)	2,0
Drip 2 (in a separate 50 ml bag)	
Glutathion 200 mg/ml (10 ml)	4,0
IM Injection	
Vitamin B-Co (10 ml)	1,0
Sundries Quantity	
Saline 200 ml	1
Saline 50 ml or D5%W 50 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

GUT

iDEXIS Complimentary Products

Apple Cider Vinegar Plus Capsules 60

Betaine HCL & Pepsin Capsules 60

Boron 3 mg Capsules 30

Flaxseed Oil 1000 mg Softgel
Capsules 90

Intesta Sodium Butyrate 600 mg
Capsules 60

Laxicaps Capsules 120

L-Glutamine 250 g Powder

L-Glutathione 500 mg Capsules 30

L-Glycine 500 mg Capsules 60

Liquorice 500 mg Capsules 60

Magnesium Glycinate 100 mg
Capsules 60

pH Balance Capsules 180

Probiotic Forte Capsules 60

Psyllium Husk 500 g Powder

Selenium 100 µg Capsules 60

Stem Prime Capsules 120

Sulforaphane 10 mg + Selenium 25 µg
Capsules 30

Uri-pH 280 g Powder - Orange

Vitamin D3- 5 000 iu +
Vitamin K2- 200 µg Capsules 60

MAGNESIUM SULPHATE

Product Ingredients	Dose in ml
Drip 1 (Administered over 4-6 hours)	
Magnesium Sulphate 500 mg/ml (10 ml)	12,5
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

Clinical use:

- Up to 3 ml over 20-30 minutes
- Up to 6 ml over 2 hours in drip
- Can push $MgSO_4$, but go slow
- Appropriate in Asthma, Arrhythmias and migraine

MAGNESIUM SULPHATE

iDEXIS Complimentary Products

Heart Optimun Capsules 30

Magnesium Chelate Capsules 120

MAGNESIUM PUSH

Product Ingredients	Dose in ml
Drip 1 (Administered over 4-6 hours)	
Magnesium Sulphate 500 mg/ml (10 ml)	6,0
Pyridoxine (B6) 100 mg/ml (10 ml)	3,0
Sundries Quantity	
Saline 200 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Solutions for IV infusion must be diluted to a concentration of 20% or less prior to administration. The diluents commonly used are 5% Dextrose Injection, USP and 0,9% Sodium Chloride Injection, USP.
- Give IV PUSH slowly.
- For 1st time patients, push 0,5 - 1 ml at a time and wait a minute or two between pushes.
- Have patient keep you informed of how they are feeling
- If patient is feeling lightheaded or dizzy, wait until feeling has passed before going on.

MAGNESIUM PUSH

iDEXIS Complimentary Products

Calcium Magnesium Capsules 60

Magnesium Chelate Capsules 120

Vitamin D3- 5 000 iu +

Vitamin K2- 200 µg Capsules 60

PHOSPHOLIPID EXCHANGE

Product Ingredients	Dose in ml
Drip 1	
Phosphatidylcholine 50 mg/ml (10 ml)	4,0
Carnitine 100 mg/ml (10 ml)	10,0
Sundries Quantity	
D5%W 100 ml or Saline 100 ml	1
Jelco 20 g (1)	1
Dripset (1)	1

Note

- Administered in a 100 ml D5%W solution bag, over 30 minutes up to 3 times per week.

PHOSPHOLIPID EXCHANGE

iDEXIS Complimentary Products

Alpha Lipoic Acid 500 mg Capsules 60

L-Glutathione 500 mg Capsules 30

Liver Detox Capsules 120

Milk Thistle 400 mg Capsules 60

Phosphatidylcholine 500 mg Capsules 60

Water Retention Capsules 30