

## *IV Vitamin Therapy Pros and Cons*

Vitamin IV therapy can be very useful but it's not without its disadvantages. It's important to talk to your doctor and medical team about whether the advantages outweigh the drawbacks and how to avoid risks. It can be of use to any age population from young to elderly as long as the body is healthy enough to receive it.

### ***The Pros***

When you're ill, your body may divert energy away from your digestive system, making it difficult to absorb and process nutrients. Your body may need help getting the vitamins and minerals it needs to recover and thrive.

One of the main benefits of IV therapy is that it's quick-acting because nutrients are delivered directly into the bloodstream. The fast, direct delivery can make a tremendous difference in the way you feel and how well your body responds.

Vitamin IV therapy offers these **additional benefits**:

- Helps correct vitamin imbalances or deficiencies
- Bypasses the gastrointestinal system and the digestion process
- Delivers higher concentrations of vitamins at once
- Provides a better absorption rate compared to oral vitamins or food
- Allows for more precise dosing based on what your body needs
- Provides an alternative vitamin source for those who can't ingest or haven't responded to oral supplements

### ***The Cons***

Though vitamin IV treatments carry some disadvantages, most of the drawbacks can be minimized with supervision by a qualified healthcare professional who follows judicious safety protocol.

Vitamin IV infusions can pose some **challenges**, such as:

- Treatment must be administered by a qualified & licensed provider
- High concentrations of certain vitamins in the body can lead to problems. In extreme cases, too much vitamin A, for example, can cause side effects from headaches and dizziness to death.
- The treatment is contraindicated for those with kidney disease or heart conditions as the organs may not be able to process high concentrations of vitamins at one time.
- Can interfere with electrolyte balance. Too much potassium, for example, can lead to a heart attack.
- Limited studies prove the effectiveness of vitamin infusions in mainstream use.
- Unregulated treatment practices in mainstream use can increase complications.
- It's not recommended for replacement for a good diet.

- In addition to these disadvantages, IV therapy can also lead to some side effects.

### ***IV Vitamin Therapy Side Effects***

As with any medication, IV therapy can cause side effects for some people. It's important to visit with your primary care provider before trying IV Vitamin therapy and get their recommendations. This is especially true if you have a history heart conditions of any kind, diabetes, & kidney or liver problems leading to filtering insufficiency. Having qualified professionals present to monitor you throughout your first vitamin therapy infusion experience is also essential in the case of any unexpected adverse effects.

Other side effects that *could occur* when Vitamin therapy provided-

- Infection at the injection site
- Rashes
- Vein inflammation and bruising
- Blood clots
- Air embolism
- Various side effects from the prescribed vitamins themselves can also happen. To avoid these side effects, it's important to tell your doctor about any medications or supplements you take and reactions you've had in the past.

### ***In Conclusion***

Any elective Vitamin therapy has its pros & cons and isn't for everyone. It *can* be used to help people manage symptoms due to acute medical conditions, bounce back fast from a hangover, and even help manage chronic illnesses related to vitamin insufficiencies.

For most (especially the active & athletes) it is an worthwhile experience being able to quickly rehydrate faster and recover quicker. Physical side effects after therapy can vary even for the healthiest population. When the body is rehydrated and replenished with essential and non-essential vitamins and minerals it will cause the liver to start a mild detoxification. This, in turn, can lead to symptoms such as headaches or overall feelings of tiredness up to 24 hrs after therapy. Take this as a good sign to know your liver is doing it's job to rid the body of waste and toxins that get build up in the body's individual cells. It is important to take in a good meal of protein and hydrate before any IV vitamin therapy to help minimize these side effects.

Professional care is key when and if you would ever want to give IV vitamin therapy a try....

Drip with a nurse at Glacier Nurse Direct and know you are in good hands by experienced RN's with the education and the reputation to ensure your safety and comfort throughout your treatment.

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