

# **Myers Cocktail: Questions and Answers**

**- Safe, Powerful Effective -**



## **Why do an IV? Aren't we able to get the nutrients we need from our diets?**

In a perfect world, this is true. But the typical American diet is lacking in adequate nutrient content and even with a stellar diet, the nutrient quality in the foods has steadily declined. Also, chemicals, toxins, stress, allergies, genetics, infections and other reasons,

many people suffer from compromised gastrointestinal function. The result is impaired digestion, decreased capacity to break down foods and compromised ability to absorb the vital nutrients needed to just maintain health.

When nutrients are given intravenously, the digestive system is bypassed and nutrients are delivered directly into the cells. Each cell gets to bathe in a nutrient-dense solution, so that these vitamins are easily accessible, in the most bio-available form, allowing the greatest potential for healing and ENERGY.

## **Just what is a Myers cocktail?**

The basic Myers' Cocktail, is an intravenous vitamin nutrient supplement that was formulated more than 40 years ago for promoting healing and restoring energy and stamina. The standard Myers Cocktail at Pacific Naturopathic consists of magnesium, calcium, selenium, zinc, vitamin B-5 vitamin B-6, vitamin B-12, vitamin B complex, and Vitamin C. Other vitamins or ingredients may be added to the Myers' Cocktail protocol, depending on the patient's diagnosis and overall health as well as the condition being treated.

## **What is the Myers cocktail used for?**

The "cocktail" is indicated for chronic acute viral illness/colds, fatigue, fibromyalgia, vitamin deficiency, anxiety, stress, depression, migraine or tension headaches, general immune boosting, gut malabsorption, leaky gut and support to cancer patients. It can be useful in situations where oral nutrients or other therapies are not working. When nutrients are given intravenously, your digestive system is bypassed and a much higher level of nutrition can be delivered directly to your cells via the bloodstream. If you tend to be anxious or overstressed, it can help to calm and relax you. If you tend to have fatigue and feel run down, it can help boost your energy. There are so many diseases and symptoms that benefit from this therapy. It is like getting a supercharge of vitality!

## **Have there been any studies on the Myers Cocktail?**

Yes. Yale researchers recently tested the Myers Cocktail on a group of patients in a double-bind, placebo controlled randomized trial. The study measured tender points, depression levels and quality of life. Significant improvement was shown in all pertinent outcome measures with the Myers' group and none with the placebo group. There are currently 274 clinical research trials employing intravenous micronutrient therapy. About half of these concern treatment or prevention of cancer. The remainder cover a wide range of medical and health conditions.

## **How many treatments does it take to feel better?**

Patients vary in the number of treatments needed, but a typical protocol is infusions once or twice a week. Some patients experience improvement after only one treatment, and many report significant

healing by the fourth infusion. People who have chronic conditions may need ongoing treatment of several times per week, or periodically every few weeks to regain their energy.

### ***How long does a Myers infusion take?***

A typical Myers drip takes about 15 minutes.

### ***Is It Safe?***

The Myers Cocktail is a safe, effective, and minimally invasive therapy that is well tolerated by most people. It carries an extremely low risk of serious adverse side effects. If the protocol is administered quickly there may be a sensation of warmth and flushing. This is due to the rapid rise of magnesium. Some patients may also have the taste of vitamins in their mouth shortly after they are given the infusion.

### ***Is there any preparation needed before receiving a Myers?***

Before your treatment: It is best to prepare for the Myers' by drinking plenty of water and having food in your stomach before you come in the office.

### ***Is a Myers Cocktail right for me?***

At Pacific Naturopathic, we provide comprehensive holistic medical care, including thorough evaluation of each patient's symptoms, health, and needs. During our evaluation, we can determine if IV therapy will be beneficial to your health goals. After consultation, we can schedule IV treatments to be performed in the office by one of our fully trained and certified Naturopathic Doctors.

**Want to learn more about the Myers Cocktail? Alan Gaby, MD, has written the definitive, easy-to-read [MONOGRAPH](#) about it.**

***Interested in exploring the world of IV nutrient therapy?  
Dr. Marcel is happy to address any of your questions.***

***Please phone 650-961-1660 for more information.  
[www.IntravenousTherapies.com](http://www.IntravenousTherapies.com)***