

What's Actually Inside Your IV Drip?

IV therapy delivers vitamins, minerals, amino acids, and antioxidants directly into your bloodstream. Each nutrient has a distinct physiological role – and selection is always guided by clinical assessment, not guesswork.

THE FOUR NUTRIENT FAMILIES

Think of it as a crew, not a cocktail.

Each nutrient group has a role. Together, they're formulated to match your clinical profile – not a one-size-fits-all drip.

IMPORTANT NOTES

Before You Begin

- ✓ IV nutrients are not interchangeable with oral supplements
- ✓ Not all nutrients are appropriate for every patient
- ✓ Dosing and combinations require clinical judgement
- ✓ Medical assessment is required before administration
- ✓ This information is educational – not prescriptive

Every Lumiya Health IV protocol is designed around you – your labs, your history, your goals.



Antioxidant Defenders

Your cellular bodyguards. They fight oxidative stress, support detox pathways, and protect against damage from inflammation or environmental exposure.

85% EFFICACY



Energy & Metabolic Support

Mitochondria's best mates. These nutrients help convert food into actual fuel – tackling fatigue, metabolic balance, and physical performance.

75% EFFICACY



Cellular & Nervous System

For the brain that never clocks off. Supports neurological function, tissue repair, and cellular communication – sharper cognition and faster recovery.

70% EFFICACY



Minerals & Trace Elements

Small but mighty. Required in tiny amounts, yet critical for enzyme activity, immune modulation, and hormonal balance. Underestimate them at your peril.

60% EFFICACY

OUR IV DRIPS INGREDIENTS

CATEGORY 01

Antioxidant Defenders



Glutathione

Your body's master antioxidant. Protects cells from oxidative stress, supports liver detox, boosts immune function, and aids skin repair. Levels fall with chronic stress or illness.



Alpha-Lipoic Acid (ALA)

A unique antioxidant active in both water and fat environments. Reduces oxidative stress, supports nerve health, and plays a role in glucose metabolism.



N-Acetylcysteine (NAC)

A direct precursor to glutathione. Strengthens antioxidant defence, supports liver and respiratory health, and assists cellular detoxification. Trusted in clinical medicine.



Vitamin C

Immune powerhouse and collagen builder. Supports wound healing, protects against oxidative stress, aids iron absorption, and promotes vascular health.

CATEGORY 02

Energy & Metabolism



Carnitine

Transports fatty acids into cells for energy. Supports mitochondrial function, muscle health, and metabolic recovery.



Vitamin B5

Pantothenic acid powers fat and carbohydrate metabolism, hormone synthesis, and adrenal function.



B-Complex

Eight B vitamins working in synergy. Fuel energy production, nervous system function, stress response, and cellular metabolism.



Arginine

Drives nitric oxide production to boost circulation and oxygen delivery to muscles. Enhances physical performance, supports metabolic efficiency, and aids recovery.

CATEGORY 03

Cellular & Nervous System Health



Vitamin B12

Essential for red blood cell formation, nervous system health, DNA synthesis, and energy metabolism. Deficiency links to fatigue, neurological symptoms, and anaemia.



Taurine

Regulates the nervous system, supports cardiovascular function, assists muscle contraction, and maintains cellular hydration and electrolyte balance.



Folic Acid (B9)

Critical for DNA synthesis, red blood cell formation, and neurological development. Especially important during pre-conception and pregnancy planning.



L-Glutamine

Supports gut lining integrity, immune cell function, and muscle recovery. Essential during physical stress, illness, or intensive recovery protocols.

CATEGORY 04

Minerals & Trace Elements



Magnesium

Muscle & nerve function, heart rhythm, sleep quality, stress response, bone health.



Trace Elements

Selenium, copper, manganese & chromium. Enzyme function, antioxidant defence, hormonal balance.

MAGNESIUM – THE QUIET ESSENTIAL

Muscles. Sleep. Heart. Stress. Bones.

Magnesium touches nearly every system in your body. Low levels – extremely common – may cause cramps, poor sleep, fatigue, and irregular heart rhythm. One of the most impactful minerals in your formula.



Zinc

Immune function, wound healing, hormone production, skin health & cell repair.

Ready to Explore Your Options?

Our clinicians will guide you through the right nutrients for your individual needs – no guesswork, no generic protocols.

IV THERAPY

NAD+ THERAPY

BOOK A CONSULTATION