

## Intravenous Nutrient Therapy: The “Myer’s Cocktail”

### Introduction

Dr. John Myers, MD, a physician from Baltimore, Maryland, pioneered the use of intravenous (IV) vitamins and minerals as part of the overall treatment of specific medical problems.

### Theoretical Basis for IV Nutrient Therapy

Intravenous administration of nutrients can achieve serum concentrations not obtainable with oral, or even intramuscular (IM), administration.

### The Myer’s Cocktail

*Table 1. Nutrients in Myers’ Cocktail*

Magnesium chloride hexahydrate 20% (magnesium)	2-5 mL
Calcium gluconate 10% (calcium)	1-3 mL
Hydroxocobalamin 1,000 mcg/mL (B12)	1 mL
Pyridoxine hydrochloride 100 mg/mL (B6)	1 mL
Dexpanthenol 250 mg/mL (B5)	1 mL
B complex 100 (B complex)	1 mL
Vitamin C 222 mg/mL (C)	4-20 mL

### Myer’s Cocktail Treats

- Asthma
- Migraine
- Fatigue
- Fibromyalgia
- Depression
- Cardiovascular Disease
- Upper Respiratory Tract Infections
- Seasonal Allergic Rhinitis (i.e. Hay fever)
- Narcotic Withdrawal
- Chronic Urticaria
- Athletic Performance

The Myer’s Cocktail has been found by hundreds of other practitioners to be a safe and effective treatment for a wide range of clinical conditions. In many instance this treatment is more effective and better tolerated than conventional medical therapies.

Please see Dr. Hoffmann for more information about The Myer’s Cocktail