Nutrition and Vitality by the Vial

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At Nervana Medical we use Intramuscular (IM) Nutrient Injections to help quickly and effectively deliver difficult to absorb nutrients directly into your body. Nutrient injections can be beneficial to many individuals, including those with vitamin deficiencies, highly active lifestyles, and fatigue. Nutrient injections contain vitamins, amino acids, minerals, and other compounds to that your body needs for optimal function.

Although we strive to get all of our nutrition from food alone, IM injections are a quick and easy way to boost your energy, immune system, and overall wellness on a regular basis. When injected into the body bioavailability increases, meaning the nutrients are immediately available for absorption. Let's take a deeper dive into the vials we offer as well as how to increase our levels of those nutrients with real food!

B12 (Methylcobalamin)

Vitamin B12, also known as cobalamin, is a water-soluble vitamin that plays a crucial role in various bodily functions. It is essential for the formation of red blood cells, the proper functioning of the nervous system, and the metabolism of carbohydrates, proteins, and fats. B12 is primarily obtained from animal-based foods, so supplementation is necessary for individuals following vegetarian or vegan diets. Adequate B12 levels are necessary for maintaining energy levels, supporting cognitive function, promoting healthy nerve cells, and preventing a type of anemia called megaloblastic anemia. Individuals who are deficient in B12 may experience symptoms such as fatigue, weakness, tingling or numbness in the extremities, memory problems, and mood disturbances.

- Food Sources: Meat, poultry, fish, eggs, milk, fortified foods cereals, nutritional yeasts, and plant-based milks, apples, bananas, blueberries, oranges, and mangoes.

Vitamin D3

D is a fat soluble vitamin, often referred to as a brain hormone, is essential for many body functions and is converted to cholecalciferol (D3) when skin is exposed to sunlight. Sitting outside all day is likely not enough sunlight to maintain optimal levels without contraindications for treatment. Vitamin D3 is essential for the regulation of calcium and phosphorus metabolism, promoting their absorption from the intestines and ensuring proper bone mineralization. It is also involved in supporting immune system function, cell growth and differentiation, and maintaining cardiovascular health. Certain meds contribute to deficiency (anti-seizure medications, bile acid sequestrants, steroids, and weight loss medications, which bind fats) as well as diseases (celiacs, Crohn's, pancreatic insufficiency, cystic fibrosis, short gut syndrome, and cholestatic liver disease) are

associated with low levels. Certain hormones can be affected by Vitamin D levels and testosterone levels can decrease as much as 25% with inadequate vitamin D levels. It is a precursor to immune defending cytokines. Antioxidant properties->Cancer and autoimmune protection.

- Food Sources: oranges, eggs, salmon, milk, soy milk, cod liver oil, oysters, spinach, banana, mushrooms, red meat.

GAC Aminos

Glutamine, Arginine, and Carnitine injections, are a type of nutritional supplementation that combines three important amino acids to potentially support various aspects of health and wellness. Glutamine is the most abundant amino acid in the body and plays a vital role in immune system function, gastrointestinal health, and muscle recovery. Arginine is involved in the production of nitric oxide, a molecule that helps dilate blood vessels, potentially improving blood flow and cardiovascular health. Carnitine is essential for energy metabolism, as it aids in the transport of fatty acids into the mitochondria for energy production. GAC injections are believed by some to offer benefits such as enhanced exercise performance, muscle recovery, and immune support.

- Food sources: nuts, seeds, meat, chicken, soy products, legumes, spirulina

NAD+

Nicotinamide Adenine Dinucleotide is a coenzyme found in every cell of the body and plays a crucial role in cellular energy production and various biological processes. Often called the anti-aging molecule, NAD+ plays a vital role in promoting health and prolonging the lifespan. NAD+ levels decrease with age, which leads to the progression of aging and age-related diseases. NAD helps regulate our metabolism, which is largely responsible for how we process and digest food and whether we gain weight. NAD's primary function is to create energy for our body, which is vital to everything else functioning properly.

- Food Sources: Exercise! Also, there are certain foods which can potentially boost NAD+ levels in the body. These include cow's milk, fish, mushrooms, yeast, green vegetables and whole grains. Raw foods that contain vitamin B, like avocados, steamed fish, and peanuts are also thought to help boost NAD+ levels.

Other Vitality by the Vial Options

Immune Boost: Vit C, Glutathione, thiamine (B1), pyridoxine (B6), niacinamide (B3)
Biotin (B7): metabolism and healthy hair, skin, nails, supports the production of keratin
BCAA: leucine, isoleucine, and valine specific to muscle repair
L-Carnitine: aa energy metabolism, cardiovascular health, brain function, muscle repair
Lipo-B/MICC: methionine, inositol, choline, cyanocobalamin: aid in weight loss and liver health
VitaChrom: chromium, methionine, inositol, choline, B1, B2, B3, B6, B12