

IV Vitamin Therapy Through the Eyes of Science: How Does It Work?

Description

Intravenous vitamin therapy, better known as IV vitamin therapy, has become all the rage lately. The process involves inserting a small needle into a vein where an IV will be placed. The inserted IV will then quickly deliver vitamins and minerals directly into the bloodstream over the course of 30 minutes up to two hours per session.

While it might seem simple enough, many wonder just how effective IV vitamin therapy is. Well, here's how it works:

Nutrients Bypassing the Digestive System

When vitamins and minerals are delivered straight into the bloodstream through an IV, there's no need for them to first pass through the digestive system. So, according to [Harvard University](#), IVs can even be useful when one's digestive system isn't up to par. Malabsorption due to a chronic condition may be one reason why someone might consider getting vitamins via an IV.

Apart from a poorly functioning digestive system that isn't capable of properly absorbing nutrients from food, another benefit of IV therapy allowing vitamins and minerals to go straight through the bloodstream is that the body is able to use the nutrients much quicker and, thus, achieve benefits faster.

Rapid Hydration for Mild Dehydration

Whether you have a chronic illness causing frequent mild dehydration, are very physically active, have a demanding career, or are dealing with a hangover, it turns out IV vitamin therapy can be a great way to quickly rehydrate.

Getting hydrated means more than taking in water; it also involves replenishing certain nutrients. IV vitamin therapies will vary from one to the next. However, magnesium, vitamin B, and vitamin B12, are some [common hydration-friendly vitamins and minerals](#) a drip might include.

Various Cocktail Options Depending on the Patient

The science behind how an IV vitamin therapy works partially depends on the cocktail of vitamins and minerals your particular drip includes. And the cocktail you choose may depend on the benefits you're looking for as well as your budget.

Some vitamin therapy cocktails might focus on rehydration by fueling the body with necessary electrolytes. Other vitamin and mineral cocktails may be geared more toward improving energy, better skin health, detoxing the body, reducing fatigue or injury after working out, or boosting the metabolism to promote weight loss.

Proven to be Safe

Whether you choose an in-office or [in home IV therapy](#) session, you can trust that the process will more than likely be completely safe.

Apart from the risk of mild pain or irritation during the insertion of the needle for the IV, post-site bruising, and a small risk of infection in the event that there was contamination where the IV was inserted, there is little to worry about with IV vitamin therapy. Either way, it's still important to [speak to your doctor](#) before receiving the IV treatment.

Conclusion

IV vitamin therapy is becoming a popular way for people to get the extra nutrients they need. Not only is the process simple, but possible benefits include stronger immunity, higher energy levels, and better skin health. Looking into the science of the treatment, it turns out that it very well may be a workable, non-invasive solution for just about anyone!

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