

# Vitamin Injections at Grassroots

Optimal Health & Wellness has teamed up with Grassroots Natural Market & Kitchen in South Pasadena to offer our specialty vitamin injections.

Our schedule will generally be Saturday's from 12pm-3pm. Please visit our [Facebook Page](#) for our announcements.

Check out our flyer for details on the shots.



# Vitamin Injection Menu



## ENERGY BOOSTER \$25

Methylcobalamin B12 is essential for red blood cell production, healing nerves and increasing energy. This is a little boost to help you conquer the day.

## ULTIMATE FAT BURNER \$40

Amino acids MIC help with fat release, and L-carnitine helps with fat burning. In addition, all the B vitamins help increase carbohydrate metabolism. Let the Ultimate Fat Burner do all the work for you. Great as weight management support.

## GREEN DETOX \$40

Glutathione, the master anti-oxidant and liver detoxer, helps clean up your tired system, while the added B vitamins increase metabolism and aid detoxification.

## INNER PEACE \$40

Feeling high strung, stressed, depressed, anxious, or somewhere in between? Magnesium will relax your body and mind, ease your stress and balance your mood, so you can find your inner peace.

## HAIR, SKIN & NAILS \$40

Featuring biotin and other B-vitamins, this can help you grow healthier, stronger, and shinier hair, skin and nails. Glow from inside out with this formula.

## THE HONEY BADGER \$50

Just like the Honey Badger, you will feel invincible. This unique formula gives you a boost of energy, burns unwanted fat, helps you detox, clears your mind and reduces stress. So you can fearlessly conquer the world! (Ultimate Fat Burner + Green Detox + Inner Peace + Awesomeness) \*Voted our patients' favorite shot

## YOUTH BOOSTER \$60

NADH is responsible for memory, immune system functionality, DNA repair, anti-aging and many more critical physiological functions. (NADH+ The Honey Badger)

## VITAMIN D3 \$30

Vital to the health of your immune system, nervous system, and brain function, optimal levels of Vitamin D decreases inflammation, improve bone health, regulate insulin levels, and are associated with decreased risk of cancer, dementia, and death from any cause.

## COQ10 \$25

Vital to the brain and heart, CoQ10 improves blood flow and blood vessel dilation, maintains optimal cellular energy metabolism, boosts learning capacity, and may reduce the incidence of migraines.

## ADD-ONS

Can be added to any of the above

\$10: Glutathione - Magnesium - Vitamin C - B-complex - Folic Acid - B1 - B5 - B6

\$5: Biotin



## WHY VITAMIN INJECTIONS

Administering nutrients intramuscularly (IM) bypasses digestion to bring nutrients directly to cells. The vitamins and minerals used in our vitamin injections are co-factors in biochemical reactions in every cell in the body, and therefore can benefit any condition where low levels of nutrients or nutrient deficiencies are detected. In addition, they may benefit those in need of a temporary boost in energy or boost in immune function.

## WHO WE ARE

Optimal Health & Wellness is an integrative medical center that provides individualized patient-center holistic health care.

We offer naturopathic medicine, family medicine, functional medicine, women's medicine, advanced diagnostic testings, joint regenerative therapies, vitamin injections and IV therapy, natural weight loss programs, natural anesthetic treatments, anti-aging treatments, hormone replacement therapy, peptide therapy, chiropractic and acupuncture services.

Please let us participate with you as you harness the power of your mind and body down the road to wellness and longevity.

[WWW.OPTHEALTHWELLNESS.COM](http://WWW.OPTHEALTHWELLNESS.COM)

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# Women's Health

## **What We Do**

At Optimal Health & Wellness, we can blend Eastern versus western modalities and treatments for full health in women's care. Whether you are looking for a detailed hormone panel or an annual exam, we can offer a thorough review of your health with an integrative approach.

## **The Services That Are Offered Include**

- Pap smears
- STD testing including HIV
- Breast exam
- Full hormone panel
- Nutritional advice for women

## **Conditions Treated Include**

- Fibrocystic breast tissue
- Estrogen dominance
- PMS and irregular periods
- Breast cancer
- All STDs
- Ovarian cysts or fibroids
- Polycystic ovarian disease
- Infertility issues (acupuncture is very useful)

Many women today suffer from hormonal imbalances, most commonly estrogen dominance. This can cause unwanted symptoms including painful menses, infertility, mood swings and even breast cancer.

As HPV now affects 50% of the population, it is important to have cervical exams every 3 years per CDC guidelines. HPV is the main cause of cervical cancer and is very preventable if

diagnosed early and monitored.

At our integrative clinic, we can successfully treat many women's health issues with conventional and/or naturopathic medicine. Come see us today for a full exam.