

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.

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Ozone Therapy in Monterey Park and Pasadena CA

What is Ozone Therapy?

Ozone therapy is the use of medical grade ozone, a highly reactive form of pure oxygen, to create a curative response in the body. The body has the potential to renew and regenerate itself. When it becomes sick it is because this potential has been blocked. The reactive properties of ozone stimulate the body to remove many of these impediments thus allowing the body to do what it does best – heal itself.

- It activates the immune system in infectious diseases.
- It improves the cellular utilization of oxygen that reduces ischemia in cardiovascular diseases, and in many of the infirmities of aging.
- It causes the release of growth factors that stimulate damaged joints and degenerative discs to regenerate.
- It can dramatically reduce or even eliminate many cases of chronic pain through its action on pain receptors.
- Published papers have demonstrated its healing effects on interstitial cystitis, chronic hepatitis, herpes infections, dental infections, diabetes, vascular conditions, and macular degeneration.

We use Ozone Therapy in Different Administrations

We offer ozone direct injections into painful or damaged joints to stimulate regenerative processes. This process can be combined with prolotherapy in a procedure commonly known as Prolozone.

Blood ozonation (autohemotherapy), i.e. a certain amount of

venous blood is withdrawn by venipuncture, ozonated and returned by injection into muscle or vein, to help purify the blood of toxins, destroy pathogens, and increase oxygenation of organs and tissues.

Direct intravenous ozone, a direct injection of ozone into the vein which is a rapid administration similar to the blood ozonation.

Locally surrounding ozone over damaged tissue to promote wound healing.

Rectal insufflation – rectal administration of ozone which allows ozone to enter the body without access of a vein. The colon has a large amount of blood vessels, so when ozone is administered rectally, it allows ozone to enter the blood stream through the local blood vessels.

Ozonated Olive Oil – Olive oil is used as a carrier for the ozone which allows the ozone to be used topically and orally. It allows the ozone to be used for a variety of conditions including skin infections, wound healing, acne, scar healing, eczema, psoriasis, and more.

[Types of IV's & Injections We Offer](#)

In a perfect world, we would get all of the vitamins and nutrients that we needed by exposure to the world around us and through the foods that we eat. The unfortunate thing is, many of us may be suffering from vitamin deficiencies and we have no idea that it is occurring. Vitamin injections and IV therapies are the fastest way to restore these deficiencies by

bypassing the digestive system and going directly into the bloodstream.

[Check out this chart](#) for benefits of the vitamins and minerals as well as signs and symptoms of the most common deficiencies.

[Click Here for our Prices](#)

What Types of IV's Do We Offer ?

Meyers Cocktail

This is the most common type of IV we utilize today. It includes all the daily essential vitamins, and trace minerals. Maybe you already live a healthy lifestyle and just want the nutrients to be more biologically available for the body to absorb. Or if you need a boost because you feel you are getting sick, run down by daily life, stress, and travel. You may need it to supplement nutrients lost from more aggressive forms of medical treatment, prescription medications, or before/after surgeries– This is perfect for anyone!

Multivitamin Mineral IV

This IV therapy contains a wide range of nutrients from vitamin A thru Zinc. It is much more potent than oral vitamin supplementation. It is great for replenishing those with vitamin deficiencies from chronic disease, fatigue, pain, prescription drug use, or from day to day stress.

Hydrogen Peroxide

Back in the day parents would use this to help cleanse a cut and keep it from getting infected. This is a universal treatment for anyone because it increases oxygen in the body, and when your body is properly oxygenated, it can greatly support all of the body's natural processes. It is not only

used to repair the body's tissues and treating illness. Your body utilizes it to help produce the thyroid hormone, and white blood cells, which are great for immunity. Hydrogen peroxide also helps oxidize the lipids in vessels that can cause heart disease and blockage. Also great for diabetics because it helps utilize glucose in the body.

Ozone Therapy

Ozone therapy is the use of medical grade ozone, a highly reactive form of pure oxygen, to create a curative response in the body. The body has the potential to renew and regenerate itself. When it becomes sick it is because this potential has been blocked. The reactive properties of ozone stimulate the body to remove many of these impediments thus allowing the body to do what it does best – heal itself. More information on ozone can be found [here](#).

Blood Ozonation (autohemotherapy)—A certain amount of venous blood is withdrawn by venipuncture, ozonated and returned by injection into muscle or vein, to help purify the blood of toxins, destroy pathogens, and increase oxygenation of organs and tissues.

Direct Intravenous Ozone—A direct injection of ozone into the vein which is a rapid administration similar to the blood ozonation.

Chelation IV's

Chelation refers to a process by which ions and molecules in a certain agent bind to metals and minerals in the body. Chelation is used to detoxify and revitalize, and will bind to harmful metals or minerals in the body, which are then excreted through your urinary system. We offer different types of chelation IV's. Each has an agent more tailored to a specific condition, and all types include vitamins to assist in the chelation process:

Calcium EDTA—It is used for the removal of heavy metals, particularly lead.

DMPS—It is also used for the removal of heavy metals, but it binds strongly to mercury.

Magnesium EDTA—It is used for the removal of any calcification or plaque build up in the arteries, and also useful to reduce inflammation in the body.

High Dose Vitamin C IV

Vitamin C is naturally found in many fruits and vegetables, but sometimes its not enough to source from food. In this IV you receive a high dose of vitamin C, which combines with any virus or toxin to form a compound. This compound is oxidized and the virus or toxin is destroyed to be released from the body. Not only is this great to help heal many disorders and allergies, it is also excellent for anyone because of its detoxification properties, and its ability to support the adrenal system and metabolism. Athletes can also benefit because it prevents soreness after workouts.

Intravenous vitamin C therapy has already been clinically proven to markedly improve quality of life for cancer patients, but a new landmark study has shown for the first time it can reduce inflammation and tumor markers in prostate cancer and breast cancer patients. The science behind IV vitamin C as a cancer therapy is now advancing faster than ever before, with six clinical trials currently underway worldwide, including colorectal, prostate, pancreatic and other cancers. In lab studies, high-dose vitamin C has proven to be potently cytotoxic to a wide variety of cancer cell lines as well as to boost the cytotoxicity of several common chemotherapy drugs. This has been confirmed in animal studies, where IV vitamin C decreases the growth rates of liver, ovarian, pancreatic, and glioblastoma tumors with dosages easily achievable in humans.

But beyond directly poisoning cancer cells, there is another role for vitamin C to play in treating cancer: the reduction of inflammation. Recent research has shown that greater inflammation in cancer patients is associated with poor prognosis. This may be because key features of the inflammatory environment (infiltrating leucocytes, pro-inflammatory cytokine build-up, tissue remodeling and angiogenesis) may actually facilitate cancer development. With this in mind, one of the leading alternative medicine clinics in the USA designed a trial to test the ability of IV vitamin C to reduce key inflammatory markers as well as tumor markers in patients with prostate, breast and other cancers. This trial included 45 patients aged 47-85, with an average age of 68. The treatments included vitamin C infusions of 25 to 50 grams, up to three times per week. The median follow-up on patients was 7.2 years (maximum of 18 years). It should be noted that most patients had already been treated by standard therapies. The total number of vitamin C infusions given to any one patient ranged from 1 up to 102. IV vitamin C therapy was successful in reducing C Reactive Protein (CRP) levels in 76 percent of all patients in the trial. This is significant, as CRP is a well-established marker for inflammation. By the end of the trial, the average patient saw a drop in CRP levels of 80 percent (for patients who started the trials with above-normal CRP levels). In addition, for a more detailed picture, serum levels of pro-inflammatory cytokines were measured for 11 patients. Of these 11 patients, all saw large reductions in these cytokines after their treatments. Some important trends emerged from the trial. First, patients who had more IV vitamin C treatments tended to have a better response. Second, patients who began the therapy at an earlier stage of their disease had better response compared to those with more aggressive, metastatic cancer. Finally, and perhaps most importantly, patients who saw reductions in inflammation markers usually also saw reductions in tumor markers – especially for breast and prostate cancer. Most impressive with this trial was that PSA levels decreased in 77 percent of

prostate cancer patients while 73 percent of breast cancer patients saw decreases in CA27.29/CA15.3 (cancer antigen) and/or CEA (carcinoembryonic antigen) after their treatments.

Sodium Bicarbonate

This common household product better known as baking soda was used in ancient Egypt for its cleansing properties for both the body and home. We have this available in liquid form for your IV. It raises your bodies PH level to become more alkaline. Cancer cells, foreign bacteria, and viruses cannot thrive in an alkaline environment.

Glutathione

This is one of the most powerful natural antioxidants known to the medical community as “the master anti-oxidant”. It great for boosting the immune system, reducing inflammation, liver detoxification, and fighting against many different diseases. This is also very commonly used for its anti-aging properties because it can help to whiten the skin and even out its tone, and to increase energy and concentration levels.

Glutathione (GSH) is an important compound naturally present in the body from the time of birth and required until death. It plays a number of roles in the body. As an antioxidant, it neutralizes free radicals and helps maintain Vitamins C and E in reduced (active) state. It also plays a role in detoxification of harmful substances in the body. For instance, a large amount of glutathione will be found in liver helping to neutralize toxins which are then discarded via bile. It also helps in repairing damage to the liver cells caused due to prolonged alcohol abuse or intake of fatty foods.

Glutathione has been used to treat diseases including: Alzheimer's, cancer, cystic fibrosis, Parkinson's disease, multiple sclerosis, Huntington's disease and Lyme disease. It has been found that free radicals cause damage to the brain

cells due to oxidation; glutathione is effectively used to treat such malaise. At the cost of repetition, it must be mentioned that there are so many positive results with the use of Glutathione IV for treating Parkinson's Disease that it has given new hope to thousands of people suffering from this disease.

Glutathione IV in combination with Vitamin C is a popular and effective treatment for getting fairer skin. It reduces the level and distribution of melanin pigment in the skin which results in lessening of the darker tone of the skin. As we grow old, the level of glutathione in the body depletes at the rate of about 10% every ten years. The deficiency leads to health related problems. It has been found that this deficiency can be made up by giving glutathione in an intravenous manner.

Alpha-Lipoic Acid (ALA)

Alpha-lipoic acid (ALA) is used to treat cancer (especially pancreatic cancer with metastasis), neuropathy and chronic liver disease. It is a powerful antioxidant, like vitamin C and E, and helps to protect cells from oxidative damage.

Phosphatidylcholine Therapy

Intravenous phosphatidylcholine therapy involves, administering essential phospholipids in the form of Phosphatidylcholine parenterally (by intravenous infusion) to a patient to reverse age related changes in the lipid composition of organs and tissues, such as heart muscle cells, red blood cells and arteries by lipid exchange. Since the aging process in heart muscle is characterized by a decrease in phosphatidylcholine, and a concomitant increase in sphingomyelin and cholesterol. The treatment is designed to promote exchange of PC to heart cell membrane and exchanges of SM from the heart muscle.

The Phosphatidylcholine treatment program is also designed to promote cholesterol exchange from the organs and tissues, such

as heart muscle cells, red blood cells and arteries. The most important effect of Phosphatidylcholine is its remarkable ability to reduce plaque depositions in the arterial walls. It also lowers cholesterol and homocysteine levels. Studies in lab animals have shown that it increase their life span by up to 36%. An important therapeutic application of the Phosphatidylcholine treatment program is increasing and individual's ability to withstand cardiac stress. This application is valuable for the individuals who have suffered cardiac trauma, such as myocardial infarction or who are at high risk of heart trauma.

PolyMVA

Poly-MVA is a uniquely-formulated combination of minerals, vitamins and amino acids designed to support cellular energy production and promote overall health. Poly-MVA also replaces specific nutrients that may be depleted during certain therapies. Poly-MVA contains a proprietary blend of the mineral palladium bonded to alpha-lipoic acid, Vitamins B1, B2 and B12, formyl-methionine, N-acetyl cysteine, plus trace amounts of molybdenum, rhodium, and ruthenium. This formulation is designed to provide energy for compromised body systems by changing the electrical potential of human cells and facilitating aerobic metabolism within the cell. It can be used for patients with chronic fatigue and pain, undergoing conventional and alternative cancer care, and other degenerative diseases.

It can be used along with other IV therapies to help increase cellular energy by boosting ATP and oxygenation.

Curcumin

Curcumin is a potent anti-inflammatory which when used in IV therapies can be effective for reducing pain, inflammation, and stimulating the immune system. Curcumin is a well researched active component in Tumeric. Curcumin is a potent anti-inflammatory, anti-viral, and immune regulator. IV

Curcumin has been researched to demonstrate faster recuperation from chemotherapy, enhancing liver function, preventing blood supply to cancerous cells, improve memory, and reduce inflammation from autoimmune disease and chronic pain.

Silver Hydrosol

Silver Hydrosol is a pure form of silver in nano sized particles. Bio-active silver works as a potent anti-microbial and is commonly used to treat cases of bacterial infections such as Lyme, Streptococcus, and more; fungal infections such as Candida; Viral infections such as HIV/AIDS, Herpes, Hepatitis, and more.

MSM

This an amino acid that is indicated for pain relief from back pain, fibromyalgia, rheumatoid arthritis, scleroderma, interstitial cystitis, and other pain conditions.

MIC

This stands for Methionine, Inositol, and Choline. These are three amino acids that are good for stimulating your metabolism and the release of fat from the liver. It is useful for weight loss as well as detoxification. This is also available in injection form.

DMSO

This is a sulfur compound that occurs in nature. It is formed in the atmosphere and returned to earth in rainfall, which is then absorbed by plants in high concentration. It has anti-microbial, anti-fungal, and anti-viral properties. It enhances resistance and decreases susceptibility to infection.

Immune System Jumpstart

The Immune Jumpstart system is an IV designed to do just what

it says, jumpstart your immune system. If you believe you may have been exposed to the Flu, Cold, or other type of bacterial/viral illness, or simply wish to prevent infection from gaining a foothold, Immune Jumpstart may be right for you. Getting a "Jumpstart" before traveling just makes sense, as exposure to "new" germs almost guarantees becoming infected, as the body hasn't had time to develop immunity. The Immune Jumpstart is great as a cleanup after travel to reduce the chance of unknown exposures getting a toehold in your system.

The Jumpstart consists of Regenaly, Advanced Cellular Silver Formulation designed to boost your own immune system, we pair this homeopathic formulation with ACG Glutathione. Glutathione is the #1 antioxidant naturally occurring in the body. Glutathione decreases in our bodies with age, using a supplemental glutathione formula in our solution helps boost the levels in our bodies and insures that our immune system has the tools necessary to fight disease when we are most in need of them. We also add a B-Complex and Magnesium to our IV, designed to increase energy and metabolism, supporting the body as it fights the disease process.

Other types of IV's can be tailored depending on condition or as treatment requires. Let us know what you are interested in and we will do our best to accommodate your needs.

What to Expect During IV (intravenous) Session?

- Please try to eat a light meal and drink plenty of water before your IV as sometimes the concentration of supplements can be very strong and we want you to have the most pleasant experience as possible.
- Specific nutrients will be mixed in an IV bag, the IV line will be drawn up and a small butterfly needle or catheter will be administered into the appropriate site

(usually the forearm).

- Some discomfort may be felt during the initial needle insertion, however our staff is trained to provide maximum comfort and the procedure is generally painless.
 - Sessions typically last an hour or a little longer, where you may take a nap, or watch your favorite TV shows if you have a portable DVD player or a tablet device. We also have a television with Netflix available.
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Vitamin Injections

Energy Booster Vitamin B12 Injection (Methylcobalamin)

This is the best form of B-12 available and passes through the blood brain barrier and affects the brain directly. It is not only great for metabolism and energy, but it also wonderful for anxiety, anemia, depression, and stress relief. This is also highly recommended for vegetarians.

Ultimate Fat Burner (Lipotropic Injection)

This contains all the B vitamins to increase carbohydrate metabolism and give an extra energy boost. The amino acids 'MIC' help with fat release, and carnitine helps burn fat. Let the ultimate fat burner help you out!

Green Detox

Glutathione, the master anti-oxidant and liver detoxer, helps clean up your tired system. The added vitamins B1, B6, and B12 help increase metabolism.

Mood Enhancer

Are you feeling high strung, stressed, depressed, anxious, or

somewhere in between? This formula balances your mood and relaxes your muscles. (B12, Folic Acid, B-Complex, Magnesium, B6).

PMS Relief

This formula eases symptoms of PMS: cramping and pain, mood swings, carb cravings, skin breakouts, bloating, and more! (B12, B-Complex, B6, Magnesium).

Hair, Skin, Nails

This formula can help you grow healthier, stronger, and shinier hair, skin, and nails. It will make you glow inside and out! (B12, B-Complex, Biotin, Folic acid).

The Honey Badger

Just like a honey badger, you will feel invincible! This unique formula gives you a boost of energy, burns unwanted fat, helps detox, reduce stress, and clear your mind! (Ultimate Fat Burner + Glutathione + Magnesium + Awesomeness).

Additional Add-Ons

- **B-Complex** – This contains B-1, B-2, B-3, B-5, B-6, and B-12. B vitamins work as team to not only boost metabolism for weight loss and energy, but they are also known to balance symptoms of PMS, helps you get better sleep, acts a natural diuretic, and has many anti-inflammatory properties that help your body feel great.
- **Biotin** – Also known as vitamin B7, biotin is known primarily for its benefits of improving hair, skin, and nails, but it also necessary for cell growth, fatty acid production, and helpful to maintain blood sugar.
- **Folic Acid** – Also known as B9, folic acid is essential for many of the body's functions. The body needs folate to synthesize and repair DNA, create red blood cells, produce energy, and keep healthy nerve function. Symptoms of folate deficiency can lead to anemia,

fatigue, lowered immune system, insomnia, hair loss, and cardiovascular disease.

- **Vitamin B1** – B1, known as thiamine, is an essential vitamin that humans cannot make on their own. B1 deficiency is very common, and can lead to symptoms of poor blood sugar control and diabetes, cardiovascular disease, cognitive decline, memory loss, fatigue, and neuropathy.
- **Vitamin B5** – B5, known as pantothenic acid, is essential for the production of energy in the body. B5 helps the body tolerate stress better, improve blood sugar regulation, improve mood, and improve skin quality.
- **Vitamin B6** – B6, known as pyridoxine, is essential for metabolism and hundreds of different biochemical functions. B6 most importantly helps the body with detoxification, blood sugar and cholesterol metabolism, hormone balancing, and mood enhancement. Common symptoms of deficiency in B6 are depression, sleep and skin problems, confusion, anxiety, and fatigue.
- **Vitamin C** – Vitamin C is an all around important vitamin for immune health, skin and joint health, and countless number of other benefits.
- **Magnesium** – Magnesium deficiency is one of the most common mineral deficiencies. Magnesium is important for nerve health, muscle health, skin health, and over 300 metabolic functions. Deficiencies in magnesium can lead to high or uncontrolled blood pressure, poor wound healing, insomnia, muscle cramps, osteoporosis, sugar cravings, fatigue, anxiety, and depression, and more.