Toronto Functional Medicine Centre Explains the Reasons for Taking Post Workout Vitamins Through IV

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently published a blog post that explains the reasons for taking post-workout vitamins through IV. It is important to note that during and after physical exertion, the body uses large amounts of nutrients, which results into lower energy levels. The body also utilizes its natural supply of amino acids for repairing muscle injuries. Thus, if the lost nutrients are not replenished after a workout, this could result in a deficiency in nutrients and there is a higher risk of pain, injuries, and chronic inflammation.

Vitamin infusions after exercising may provide several benefits. These include: improvement in stamina, a boost in energy, decreased pain levels, and better efficiency of healing processes. The vitamins may also help protect the muscles and bones from inflammation. When vitamins are taken after exercise, this can stimulate anti-inflammatory components in the body to protect against cellular damage.

The vitamin B group of nutrients may offer sufficient energy levels for the body to function properly. They are

also needed for metabolizing proteins, fats, and carbohydrates. Significant amounts of vitamin B6 are lost during exercise. Replenishment of these nutrients and fluids is therefore vital after sweating.

Exercise can cause an imbalance between antioxidants and reactive oxygen species (ROS) that can result in tissue damages due to oxidative stress. Vitamin C serves as a powerful antioxidant for minimizing oxidative damage and it also plays a role in the production of collagen, which can help in optimizing muscle recovery and in supporting strength maintenance.

Meanwhile, vitamin D is needed for improving bone mass and density, which is why ideal levels of vitamin D in the body may help the bones in withstanding strenuous exercise. For those who want to build muscle, supplementation with vitamin D and calcium may help provide efficient results.

Vitamin E is another antioxidant that may help promote the healthy growth of muscles, while also helping with heart health. This vitamin may also play a vital role in the immune function and it has been noted to counteract oxidative stress and the accumulation of free radicals.

IV drip therapy is recommended for replenishing the vitamins lost during a workout because it allows the bypassing of the digestive tract. Drinking a beverage with electrolytes or a smoothie that is protein-rich can take several hours. IV vitamin therapy can result in optimal hydration quickly after a workout. The IV Lounge at the Toronto Functional Medicine Centre provides a personalized IV vitamin therapy with customized doses of vitamins for the specific needs of a particular individual.

The customization of the IV vitamin therapy is essential to address the specific body?s daily challenges, such as electrolyte imbalances, insufficient energy, or low blood sugar levels.

At the IV Lounge, they can provide IV drip therapy and booster shots for adjunctive care. They can customize the IV vitamin drips based on integrative functional medicine principles, to adjust the therapeutic doses for the individual?s biology. The IV Lounge carries a broad range of natural ingredients, including glutamic acid (L-glutamic acid) ascorbic acid, folic acid, N-acetylcysteine, vitamin A, major minerals, vitamin E, various amino acids, and major antioxidants.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada applies the integrative functional medicine approach which integrates the use of allopathic medicine, restorative medicine, acupuncture, naturopathic medicine, detoxification, and more. This approach may be applied for various types of health problems, including: neuropathic pain, postmenopausal health issues, acute health issues, tissue repair, athletic recovery, hormone imbalances, DNA repair, cellular damage, chronic fatigue, mineral deficiencies, thyroid issues, adrenal function, skin rejuvenation, immune function, and more.

Those who are interested in learning about IV therapy in Toronto, including a past article on IV therapy for hydration, can check out the Toronto Functional Medicine Centre website or contact them on the phone at (416) 968-6961 or through email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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