

The IV Lounge Explains the Importance of Getting B Vitamins Through IV Therapy

February 23, 2021

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The IV Lounge, an IV therapy Toronto drip clinic, has explained why it is important to get B vitamin through IV therapy in a new blog post. The article provides five reasons why B vitamins are usually included as part of the custom IV therapy that they offer in Toronto and surrounding areas. In general, B vitamins are involved in the body's energy production and they help in promoting the function and maintenance of the body and brain cells. A deficiency in these vitamins will affect the body's energy production and brain function.

Dr. Amauri Caversan, ND who is the head IV therapist from The IV Lounge explains, "B vitamins and their role in energy production are essential because they help promote the function and maintenance of the brain cells and the body. This is why our body needs to have a sufficient amount of each B vitamin! If there is a deficiency in any of these vitamins, our energy production and brain function may be at their limits; and some individuals may even experience further health issues. Your IV therapist or naturopathic doctor may recommend B vitamins in your intravenous therapy. Discussed in our new blog post are the specific B vitamins that might be included in your IV therapy sessions."

Vitamin B1 or thiamine is a cofactor for enzymes that have a role in breaking down glucose to create energy for the body. This vitamin can be found in nuts, seeds, fish, cooked asparagus, navy beans, wheat, and edamame, and therefore, there should be no B1 deficiency. However, there are certain health conditions that result into a modified gastrointestinal function that leads to reduced absorption of nutrients, particularly with the absorption of thiamine from the intestine. A lack in B1 vitamins may result into memory loss, amnesia, a decline in working memory, and disorientation. Those who drink too much alcoholic beverages also tend to have lower levels of B1. This is why B vitamins are commonly included in IV therapy.

Vitamin B2 or riboflavin is important for skin health, the digestive tract (lining), developing blood cells, and brain function. B2 is an important component of flavoproteins, which are coenzymes that are involved in metabolising proteins, lipids, and carbohydrates. And it also helps in the production of energy through

adenosine triphosphate (ATP). Lack of vitamin B2 may result in inflammation, sores around the mouth, signs of weakness, personality change, sore throat, scaly skin, a sensitivity to light, and itchy eyes. IV drips of B2 may be recommended to help promote cellular energy, support cognition, and recover from a riboflavin deficiency.

Vitamin B3 or niacin is a component of the coenzyme nicotinamide adenine dinucleotide or NAD⁺, which is transformed into a coenzyme that plays a role in the breakdown of complex substances in the body. The breakdown of those substances results in the production of lipids, carbohydrates, and proteins. Lack of B3 may result into memory loss, paranoia, vertigo, dermatitis, dementia, diarrhea, and more.

Vitamin B5 or pantothenic acid is involved in a coenzyme that synthesizes lipids, cholesterol, fatty acids, and acetylcholine. Lack of B5 is rarely found in healthy people because it is abundant in both animal- and plant-rich foods, and it is often added to prepared foods, such as cereals. However, a deficiency may occur for people who suffer from malabsorption. Pantothenic acid may be included in IV therapy for such people.

And finally, vitamin B6 or pyridoxine, is a nutrient that must be ingested daily because the body does not have the ability to store it. B6 is required by the body to synthesize and break down amino acids. It also helps in releasing glucose from glycogen, a pathway that is needed by enzymes to be able to synthesize hemoglobin and neurotransmitters.

Those who are looking for a Toronto clinic that offers IV therapy may want to contact The IV Lounge through phone at (647) 549-3484 or by email at info@theivlounge.ca.

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For more information about The IV Lounge, contact the company here: The IV Lounge Dr. Amauri Caversan, ND (647) 549-3484 info@theivlounge.ca The IV Lounge 1200 Bay Street #1102 Toronto, Ontario M5R 2A5

The IV Lounge

Relax and de-stress. Jump start on a recovery plan to improve your health. If you need a hand in reaching the road of recovery, we encourage you to live life to the fullest with the help of IV therapy and naturopathic medicine support.

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