



## **Toronto Functional Medicine Centre Provides Guide to IV Therapy with Isoleucine in Toronto**

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Toronto Functional Medicine Centre in Toronto, ON, Canada, has recently released an article that provides a guide to IV therapy with isoleucine in Toronto. Isoleucine is a branched-chain amino acid (BCAA) provided as one of the ingredients for intravenous (IV) therapy in Toronto and it is usually combined with other amino acids. BCAAs like isoleucine have vital roles in different kinds of body functions. For instance, they are usually required in energy production, for the physiological response to stress, and especially in normal metabolism and muscle health. Isoleucine is a contributor to the creation of hemoglobin and the production of red blood cells. It also promotes detoxification from harmful toxins in the body.

Isoleucine may also be included in a triad of BCAA supplements for people who undergo regular physical exertion, such as athletes who undergo strength training. This is because when it is combined with valine and leucine, isoleucine may help with decreasing muscle loss and in boosting muscle recovery. Isoleucine may also be helpful in boosting the immune function, including the cellular functioning of immune cells. New research has even indicated that isoleucine may induce the expression of host defence peptides that may regulate host innate and adaptive immunity.

Amino acids may also play an important role in the prevention of depression. A study has shown that women, ages 65 to 79, who are suffering from depression tend to have a nutritional deficiency in leucine, histidine, and isoleucine.

It has also been observed that the dietary intake of amino acids and nutraceuticals, particularly BCAAs such as isoleucine, leucine, and valine, may promote muscle protein synthesis and boost muscle strength, including tendon health. This is of interest for seniors because there is usually a deficiency of isoleucine in some seniors. Specifically, a deficit in isoleucine can trigger tremors and muscle weakness.

It is important to note that IV drips with isoleucine are not recommended for women who are pregnant or breastfeeding, those who have been diagnosed with cystinuria, and those who are taking leucine and valine supplements.

The IV Lounge of the Toronto Functional Medicine Centre can provide isoleucine in combination with various amino acids for IV infusion drips. Vitamin IV therapy may promote optimal health when used as adjunct support and in combination with a healthy lifestyle. It may also be recommended for people who are suffering from malabsorption because the IV drip bypasses the digestive tract and goes directly to the bloodstream. It may also be preferred by those who want to avoid the side effects of taking oral supplements.

Toronto Functional Medicine Centre is a private downtown clinic that offers personalized service of therapies that is customized with integrative functional medicine principals. Their IV vitamin drip treatments are custom-fitted to each patient based on medical history, health goals, genetics, environmental factors, and lifestyle to promote optimal functioning specifically for that person's unique biology. Various kinds of IV fluids may be used for different health goals. Therapeutic doses of nutrients may be provided through their IV Lounge and these include vitamin A, vitamin C, glutamic acid, trace minerals and major minerals, folic acid, NAD+ IV therapy, major antioxidants (i.e. glutathione), and other essential components.

People who want to get more information about IV therapy, such as the types of IV fluid therapy available at their IV Lounge clinic, can check out the Toronto Functional Medicine Centre website or contact them on the telephone at (416) 968-6961 or through email at [info@tfm.care](mailto: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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For more information about Toronto Functional Medicine Centre, contact the company here: [Toronto](#)

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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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