

5 JOURNEYS®

5 Surprising Benefits of Wellness IV Therapy



**How Wellness IV's can help you live
your best life at peak performance!**

5 benefits of IV THERAPY FOR PEAK PERFORMANCE

1 Enhancing Physical Performance

Athletes and fitness enthusiasts can benefit significantly from IV therapy designed to optimize physical performance.

By delivering a potent mix of electrolytes, amino acids, and other essential nutrients, IV therapy can **help reduce muscle fatigue, speed up recovery times, and enhance endurance**, allowing you to push your limits further.

2 Strengthening Immune Function

A strong immune system is vital for maintaining peak performance, especially in high-stress environments. IV therapy can be tailored to include immune-boosting nutrients like **zinc, Vitamin C, and other antioxidants**.



Boosting Energy Levels

IV therapy can **provide an instant energy boost** by delivering a high concentration of B vitamins, magnesium, and amino acids directly into your system.

This fast-acting boost **helps combat fatigue, sharpen mental clarity, and sustain energy levels** throughout the day, ensuring you're always at the top of your game.

Enhancing Cellular Health

IV therapy delivers essential nutrients directly into your bloodstream, allowing for immediate cellular absorption. This direct delivery can **enhance cellular repair and regeneration, leading to improved overall cellular health.**

Optimized cells are crucial for peak performance, as they power every function in your body.

Improving Skin Health

Beyond just hydrating your skin, certain IV therapies are packed with vitamins like Vitamin C and antioxidants which can **promote collagen production and fight oxidative stress.** This results in healthier, more radiant skin, giving you that extra glow.

ABOUT WELLNESS IV'S

Wellness IV therapy involves the administration of vitamins, minerals, antioxidants, and fluids **directly into the bloodstream** via intravenous infusion. This method bypasses the digestive system, allowing for **higher absorption rates of nutrients that can support overall health and wellbeing.**

Wellness IV therapy is often customized to individual needs, aiming to replenish deficiencies, enhance hydration, boost immune function, and promote detoxification, making it a popular choice for those seeking quick and effective nutrient replenishment.

IV therapy can benefit:

- Individuals seeking to boost their immune system
- Athletes looking to recover faster and enhance performance
- People experiencing dehydration or nutrient deficiencies
- Those managing chronic conditions such as migraines or fatigue
- Individuals aiming to support detoxification processes
- **People looking to look younger and live a long vital life!**

It's quick, easy, and the most effective way to replenish your body!



Recommended

CUSTOM IV'S AT FIVE JOURNEYS

IMMUNE BOOSTER

Boosts the immune system · Helps the body fight off disease
Reduces risk of catching the flu · Hastens recovery from cold & flu

Ingredients: 10g Vitamin C, B-Complex, Trace Minerals, B12, Zinc Sulfate & 1 Liter Normal Saline

ENERGY BOOSTER

Effectively rehydrates · Restores fluid balance and muscle function
Restores energy levels

Ingredients: 10g Vitamin C, 500mg Dexpanthenol (B5), 2mL B-complex, 2mg B12

HYDRATION

Helps manage work-life balance · Boosts energy
Reduces stress-related symptoms

Ingredients: 0.9% Normal Saline

INTRAMUSCULAR INJECTIONS

💧 **B12** - 1mg methylcobalamin to boost energy

💧 **Lipo-B** (methionine, inositol, choline) - helps metabolize fat cells and assist in the elimination of stored fat deposits in the liver and body



WHAT IS THE PROCESS?

All it takes are these 3 easy steps!

1. Over-the-phone Screening

This only takes 20-40 seconds with a provider to make sure you're cleared to have an IV.

2. Short & Long Drip Time

This depends on the IV our nurse customizes for you.

Short Drip - 35 minutes

Long Drip - 50 minutes

3. Wrapping up

Once your IV is complete, one of our IV Nurse's will make sure you're all set for the day. Ready to schedule your next one? They can handle that too!



TWO GREAT LOCATIONS FOR YOUR CONVENIENCE!



Back Bay, Boston

Our Back Bay location is within walking distance from many large offices. Making it a great location for a quick in-and-out during your lunch break!

425 Boylston St 2nd Floor, Boston, MA 02116



Newton, Massachusetts

Our Newton location has free easy parking! With beautiful large windows, it feels like you're in the trees in the heart of Newton.

181 Wells Ave #202, Newton, MA 02459





Optimize your health with Wellness IV Therapy today!

Call us at **(617) 934-6400** or visit our website at
www.fivejourneys.com.



The 5J IV Nurses