

ADD-ONS

AMINO BLEND

\$60; Membership \$45

Amino Blend can help boost your metabolism, improve energy levels, increase endurance, and help to burn fat. It also provides your body with essential and non-essential amino acids to promote overall health.

NAC

\$60; Membership \$45

N-acetyl-cysteine can help to replenish the glutathione in our bodies, one of the most important antioxidants. NAC can help as an antioxidant and expectorant to loosen the mucus in your airways and reduce the inflammation in your bronchial tubes and lung tissue.

TAURINE

\$60; Membership \$45

Taurine is an essential amino acid that can help maintain proper hydration, electrolyte, and mineral balance in your cells, with the added benefit of providing more energy.

GLUTATHIONE, 2000MG

\$60; Membership \$45

Glutathione can help detoxify the body, reduce oxidative stress, fight inflammation, and boost the immune system.

IM INJECTIONS

WELLNESS BUNDLE

\$50 INDIVIDUAL

\$175 FOR 4 INJECTIONS

\$299 FOR 10 INJECTIONS EACH

or add on to any IV Session for \$25 EACH



SUNSHINE SHOT- VITAMIN D 3

Maintains Healthy Bones and Teeth. Also Aids in Weight Loss



TRI IMMUNE BOOST

Glutathione, Vitamin C and Zinc to Aid the Body's Immune Defense. Great during Cold and Flu Season



TAURINE

Amino Acid to improve performance and recovery



GLUTATHIONE

Glutathione can help detoxify the body, reduce oxidative stress, fight inflammation, and boost the immune system.



AMINO BLEND

Increase Energy, Burn Fat and Maintain Lean Muscle Mass



LIPOTROPIC SKINNY SHOT

B Complex to increase energy and Lipotropic burn fat and increase metabolism



BCAA

Increased muscle growth, improved exercise performance, and prevention of muscle wasting



B COMPLEX OR METHYL B

For energy



BIOTIN

For Hair, Skin and Nails



HEALTHY BEGINNINGS

WELLNESS & ESTHETICS



IV THERAPY MENU

540.656.2933

1185 Armory Dr. #200
Fredericksburg, VA 22401

Schedule online at
healthybeginningswellness.com

BASIC TREATMENT

BASIC HYDRATION

\$129-\$150; Membership \$99

500cc or 1000cc hydration boost administered by itself, prior to, or along with select IV therapies.

MYERS COCKTAIL MEGABOOST HYDRATION

\$199; Membership \$169

Hydration boost with the added benefit of replenishing essential vitamins with Magnesium, Vitamin C and Calcium.

IMMUNITY

\$199; Membership \$169

Immunity helps supercharge your immune system with an infusion packed with antioxidants, vitamins, and minerals. This therapy can help flush out toxins and restore hydration.

B-LEAN

\$199; Membership \$169

B-Lean can help boost hydration, metabolism, increase energy, and enhance blood flow and circulation with vitamins and amino acids to be put in the best position possible for increasing weight loss and energy levels.

BRAINSTORM

\$199; Membership \$169

Brainstorm IV can help improve cognitive function including important factors such as information processing, learning, and memory.

INNER BEAUTY

\$199; Membership \$169

Inner beauty IV can help support healthy skin, hair, and nails. It can brighten skin, reduce oxidative stress, and decrease appearance of wrinkles and age spots.

**ALL IVS COME WITH
COMPREHENSIVE
BLOOD WORK PANELS**



Schedule online at
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SPECIALTY IV TREATMENTS

AMINO BLEND & GLUTATHIONE

\$199; Membership \$169

Glutathione helps to detoxify, reduce oxidative stress, fight inflammation, and boost the immune system while amino blend can help boost your metabolism, improve energy levels, increase endurance, and help to burn fat. It also provides your body with essential and non-essential amino acids to promote overall health.

QUENCH

\$199; Membership \$169

Quench can help hydrate and combat fatigue with vitamins and minerals designed to help replace key minerals that are commonly depleted due to long physical activity or poor nutrition. Quench helps regenerate connective tissues, strengthen the immune system, and hydrate your body.

REBOOT/HANGOVER RECOVERY

\$199; Membership \$169

Reboot IV can help ease hangover symptoms of dehydration, headache, nausea, and body aches. It helps to cleanse and flush out toxins and restore energy levels.

RECOVERY & PERFORMANCE

\$250; Membership \$179

Recovery & Performance can help decrease the time it takes to recover and enhance your performance by increasing endurance, stamina, and hydration.

ALLEVIATE

\$250; Membership \$179

Alleviate can help relieve/minimize symptoms of migraines, tension headaches, and menstrual cycle symptoms. These symptoms can include dehydration, bloating, irritability, abdominal discomfort, and lower back pain. This IV is loaded with Magnesium.

COLD & FLU

\$250; Membership \$179

Cold & Flu can help to provide essential vitamins and minerals to hydrate, support the immune system, and combat fatigue and congestion when feeling run down.

VITAMIN C

10gm \$175/15gm \$220/ 25gm \$250/50gm \$300

Vitamin C boosts the immune system, supports collagen production, destroys free radicals, and reduces inflammation. Our bodies cannot make or store vitamin C so it is essential to get this nutrient from our food or through supplementation. IV administration allows you to receive the benefits of large doses without unwanted GI side effects.

NAD +

IV Loading Dose (qty. 5): \$2250

Individual NAD IV: \$399

Injectable \$299 monthly

NAD+ is a vitamin B-3 derivative that is necessary for the production of ATP. It has powerful anti-aging and cognitive benefits, and is used to treat addiction, depression, anxiety, PTSD, and neurological diseases. Each NAD+ IV is administered over 1-2 hours.