



London Clinic
of Nutrition

Infusion Services & Price List

LONDON CLINIC OF NUTRITION
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Key Benefits

Health is about feeling your best physically, mentally and emotionally. In modern-day living people get used to operating with low levels of energy, and it's become normal to feel exhausted. Here at the London Clinic of Nutrition we are specialists in health and wellbeing. We offer a unique resolution to our clients' chronic and acute health problems and in addition to our successful one to one consultations, we also provide a wide range of nutrient infusions to boost immunity, optimise health and prevent chronic disease.

—— *Whole Body Support*

Many relatively healthy patients choose to come in for periodic infusions because they noticed it enhanced their overall health and well being for periods of a week or several months, but they are also extremely effective at supporting a number of health complaints too:

- Immune support
- Sports performance
- Fatigue
- Skin conditions
- Hypothyroidism
- Heavy metal toxicity
- Lyme disease
- Asthma
- Heart conditions
- Migraines
- Cognitive support
- Female health
- Fertility
- Mens health
- Mould toxicity
- Fibromyalgia

—— *Scientifically Proven*

The nutrients included in our formulas have been scientifically proven to support health and have been used successfully for over 30 years.

—— *100% Absorption*

Intravenous nutrient therapy works by allowing your body to absorb more nutrients and vitamins than supplements.

—— *Fast and Effective*

You will receive an immediate energy boost, helping you to cleanse your body of toxins and leave you feeling hydrated and re-energised.

—— *Safe and Professional*

Our infusions are administered directly by one of our experienced and qualified practitioners after careful formulation by our specialist physician.



Menu Overview

— Immune Boost

When feeling under the weather or simply in need of an immunity boost, this multivitamin and mineral infusion is packed with nutrients to support your immune system while helping with energy production and tissue repair.

— Vitamin C & Glutathione

Detoxify your body with two powerful antioxidants, vital for protecting your cells against the damaging effects of free radicals and essential for supporting liver detoxification.

— Skin & Beauty

A nutritious diet is a great foundation for clear skin, strong nails and shiny hair, but sometimes we need more support. This infusion is designed to nourish and maintain healthy hair, nails, and a glowing complexion.

— Anti-Ageing & Cognition

This infusion provides cell and nerve regeneration for memory enhancement, anti-ageing properties and to promote healthy hair, nails, and skin.

— Sports Performance

When you're training, your nutrient requirements shoot up because the physical stress of exercise increases the turnover and loss of nutrients. This infusion has vitamins, proteins, and amino acids that allow for optimum performance and recovery.

— Phospholipid Exchange

This lipid exchange helps restore and stabilise cell membranes. Phosphatidylcholine with methylation factors not only helps rid the body of toxins, it allows for appropriate nutrient absorption, energy production, and immune function.

— Vitamin C

High dose of intravenous vitamin C is effective for chronic infections, Lyme disease and cancer therapy support.

— Curcumin

Curcumin is a powerful anti-inflammatory IV drip that can help relieve discomfort and support disease resulting from inflammation in the body.

— B12 Injection

We offer both methylated and hydroxocobalamin forms of vitamin B12 as intramuscular injections. B12 offers you critical nutrient replacement, which supports methylation, detoxification, and boosts energy production.

— Ionic Footbath

Bio-compatible electrical frequencies enter the water to create an ionic field that not only cleanses and purifies the body through the power of ions, it also elicits a relaxation response.



Further Information

— Immune Booster

Who is it for?

- You have a known infection
- You're feeling 'run down'
- You want to take a proactive approach to stay well
- You're suffering from chronic illness

Key Ingredients

Selenium: Can enhance your immunity against viruses and can even help to reduce allergies.

Zinc: Plays a key role in anti-inflammatory and antioxidant pathways and can even reduce the duration of the common cold.

B Vitamins: Support the bodies ability to make the antibodies needed to fight infections and provide energy.

Glutathione: Protects the immune system before any by-products can wreak havoc on cells and can even help autoimmune conditions.

— Skin & Beauty

Who is it for?

- You are suffering from a skin condition such as acne, eczema, rosacea, or psoriasis
- You would like to reduce and prevent wrinkles
- You would like to enhance hair and nail growth.
- You would like a healthy glow

Key Ingredients

N-Acetyl-Cysteine: The raw material for your body to make glutathione, the master antioxidant which neutralises free radicals and helps the liver to detoxify substances, which is essential for clear skin.

Zinc: Hugely important for healthy skin, to promote healing and help prevent acne and eczema symptoms.

Amino acids: Aids in collagen and elastin production, to help keep your skin smooth and your hair strong.

B vitamins: Help keep your skin in tip-top condition. Vitamin B5, for example, has been found to reduce acne.

— Anti-Ageing & Cognition

Who is it for?

- You want to protect your brain health
- You have a family history that means you're keen to age well
- You would like to maintain a youthful appearance
- You would like to maintain your quality of life

Key Ingredients

Vitamin C: Traps the free radicals that contribute to wrinkles and cognitive decline. It can also modulate inflammation which could reduce the risk of Alzheimer's disease.

Amino acids: Help slow the rate of muscle loss and even help to build more muscle. We start losing muscle mass from the age of 30 and these amino acids are important.

Glutathione: Is a major antioxidant associated with health and longevity.

B vitamins: Generate energy and manage stress. Up to 30% of people over 50 have a reduced ability to absorb B12 - which is associated with cognitive decline.



Further Information

— Sports Performance

Who is it for?

- You are training for a strength or endurance event
 - You want to reduce muscle soreness and repair in recovery
 - You want to improve endurance when training for an event
 - You want to optimise hydration and strength
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Key Ingredients

Vitamin C: Not only helps to combat oxidative damage caused by high-intensity exercise, but also contributes to collagen synthesis and connective tissue repair.

Taurine, glycine and lysine: Key for muscle repair, increasing levels of growth hormone and maintenance of lean body mass.

L-carnitine: Supports energy metabolism in skeletal muscle, delaying muscle fatigue during exercise.

L-carnosine: Increases strength and performance during exercise.

— Phospholipid Exchange

Who is it for?

- You would like to improve mitochondrial function and detoxification
 - You are suffering with Lyme disease
 - You have heavy metal or mould toxicity
 - You have chronic fatigue syndrome
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Key Ingredients

Phosphatidylcholine: Phospholipids in the form in which they occur in cell membranes in the body, promoting a rapid exchange in the cell walls encouraging turnover of toxins.

Glutathione: An important antioxidant and key component of liver detox. Mops up and excretes the toxins that are released by phospholipid membranes from the bloodstream.

Folate: An essential B vitamin required for the maintenance of methylation in the liver and in the synthesis of phosphatidylcholine.

B12: An essential vitamin in supporting biological methylation reactions, energy metabolism and phosphatidylcholine synthesis.

— Ionic Footbath

Support your IV sessions with an additional detoxifying treatment and leave feeling calm, relaxed and focused. Bio-compatible electrical frequencies enter the water creating an ionic field that cleanses and purifies the body and elicits a relaxation response. The process ionises the water by attracting and neutralising oppositely charged toxins.

IV Price List

Savings:

Save 10% with a 5 pack
Save 20% with a 10 pack

IV Type	Single	5 Pack	10 Pack
<i>Immune Booster</i>	£280	£1260	£2240
<i>Anti-Ageing & Cognition</i>	£325	£1462	£2600
<i>Skin & Beauty</i>	£260	£1170	£2080
<i>Sports Performance</i>	£280	£1260	£2240
<i>Curcumin 250mg</i>	£350	£1575	£2800
<i>Phospholipid Exchange</i>	£324	£1458	£2596
<i>Vitamin C 25g</i>	£180	£816	£1452
<i>Vitamin C 50g</i>	£252	£1138	£2024
<i>Vitamin C 75g</i>	£348	£1567	£2750
<i>Glutathione 1200mg</i>	£90		
<i>Vitamin C 10g + Glutathione 1200mg</i>	£145		
<i>B12 Injection</i>	£60	£270	£480
<i>Add ons:</i>			
<i>+600mg Glutathione</i>	£50		
<i>+1200mg Glutathione</i>	£85		
<i>+5g Vitamin C</i>	£35		

FAQs

What is Intravenous Nutrient Therapy?

Intravenous nutrient therapy, or IV therapy, is the use of administering vitamins and minerals intravenously as part of an overall treatment for various medical conditions or for optimising health and wellbeing.

How does Intravenous Nutrient Therapy work?

IV therapy works by allowing your body to absorb more nutrients than supplements and can leave you feeling great for weeks. The rationale for IV administration of nutrients is that it can achieve serum concentrations that are not obtainable with oral or intramuscular administration. This is because of the more rapid entry of nutrients to the bloodstream.

What are the benefits of Intravenous Nutrient Therapy?

Almost anyone can benefit from IV therapy, whether you are dealing with the stress and strains of modern day life, feeling run down and tired, looking to boost sports performance and recovery, as part of a dietary programme to aid weight loss, to assist detoxification protocols or to support overall health, the rewards are endless.

What to expect when having my Intravenous Infusion?

A nutrient infusion is a low risk procedure that many of our clients find is a relaxing and enjoyable experience. The experience lasts for around 1.5 hours, depending on the type of IV chosen. You will receive an immediate energy boost, helping you to cleanse your body of toxins and leave you feeling hydrated and re-energised.

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Functional
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Complementary
Consultations



Nutritional
Therapy



Health &
Nutrition
Testing

