HIGH DOSE INTRAVENOUS VITAMIN C

KINGSWAY NATUROPATHIC CLINIC

A Patient Information Guide

What Is Vitamin C IV Therapy?

- Intravenous (IV) Vitamin C bypasses digestion & delivers ascorbic acid directly into the bloodstream, achieving blood levels up to 100X higher than oral supplements.
- Used therapeutically in integrative medicine for immune support, inflammation reduction, wound healing, fatigue, skin health, & in some cases adjunctive oncology support

How Does It Work?

Vitamin C acts as:

- **A powerful antioxidant**
- Neutralizes free radicals, reduces oxidative stress, & supports cellular repair.
- **Collagen cofactor**
- Supports skin, joints, tendons, ligaments, blood vessels.
- **Immune regulator**
- Enhances white blood cell activity & supports healthy immune defenses.
- **Metabolic supporter**
- Helps with energy production & decreases fatigue.
- **Pro-oxidant at high doses (oncology)**
- In some patients, high IV doses can create hydrogen peroxide in tumor environments — used in integrative oncology under supervision.

Who Might Benefit?

- Low immune function / frequent infections
- High stress / burnout
- Fatigue & low energy
- Post-surgical recovery or wound healing
- Skin health / collagen support
- Chronic inflammation
- Adjunctive support in oncology

Are There Side Effects?

- Most are mild & uncommon:
- Thirst or dehydration
- Temporary fatigue
- Mild nausea
- Lightheadedness (usually due to low hydration or not eating beforeh&)
- Arm discomfort at IV site

How to Prepare Before Your IV

To ensure a safe & effective session:

- Eat a meal 1-2 hours before your appointment
- Drink 500-750 mL of water beforeh&
- Avoid alcohol for 24 hours
- Inform your provider if you are on:
  - Chemotherapy
  - Anticoagulants
  - High-dose oral supplements
  - Have a new diagnosis or recent illness
- Bring layers — the infusion room may feel cool

What to Expect During Your Treatment

Typical infusion time: 45-90 minutes, depending on dose.
You may feel:

- A cooling sensation in the arm
- Mild taste of vitamins in your mouth
- Increased warmth or slight fatigue
- Most people feel energized later the same day or next day.

How Will I Feel After?

You may feel:

- More energy
- Improved mood
- Some increased urination is normal
- Reduced inflammation over 24-48 hours
- If you feel fatigued, rest — this is normal for some people

How Often Should You Receive Vitamin C IVs?

Frequency depends on your goals:

- **General wellness: 1-2x/month**
- **Immune support / fatigue**: weekly for 4-6 weeks
- **Acute illness recovery:** 1-3x/week temporarily
- **Oncology protocols:** customized regimen under medical supervision

Your clinician will create a personalized plan.