

vitamindrip[®]

MINNESOTA



WE'RE SO HAPPY YOU'RE HERE!

Chris Frykman, DC, RN
Shamanie Haneca, DC



WE WILL COVER

— ■ DRIP MENU + FORMULAS

- LIFESTYLE DRIPS
- HEALING DRIPS
- EBO2

— ■ CLIENT TESTIMONIALS

— ■ CANCELLATION POLICY

— ■ LOCATIONS + HOURS

We want to help you feel your best, today and everyday! When you purchase and prepay for 6 or more drips, you'll receive 10% off the total.



ORIGINAL MYERS \$145

All of our formulas have Myer's Cocktail as their base. Building on the work of the late John Myers, MD, Vitamindrip® ORIGINAL, an intravenous vitamin-and-mineral formula, has been found to be effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasms, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease, and other disorders.

- Vitamin C +
- B12 + B1 +
- B2 + B3 +
- B5 + B6 +
- Magnesium +
- Calcium

RECOVERY \$225

💚 *customer favorite!*

Vitamindrip® RECOVERY is a functional IV drip that provides replenishing fluid, electrolytes, vitamins and antioxidants to help the body rebuild and rid itself of unwanted toxins.

- Vitamin C +
- B12 + B1 +
- B2 + B3 +
- B5 + B6 +
- Magnesium + Calcium +
- L-Glutamine +
- Proline + L-Lysine +
- L-Carnitine + Zinc +
- Manganese + Chromium +
- Selenium +
- Glutathione



LIFESTYLE DRIPS



♥ customer favorite!

ENERGY \$195

Formulated with a variety of vitamins (including a high dose of the B's) and other micronutrients— our ENERGY drip helps re-balance an overtaxed system. Replenishing the nutrients you may be lacking may improve energy levels and diminish stress, whether it's from a workout, studying, a competition, or chronic, exhaustive stress.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- L-Taurine + L-Glutamine +
- L-Arginine +
- Magnesium +
- Calcium + Zinc +
- Manganese +
- Chromium + Selenium

HYDRATION \$125

Consider our HYDRATION bag the first chapter of renewing your body back to its natural functioning state. No matter if you are feeling groggy or sluggish, aren't drinking enough water throughout the day, or simply not 100% feeling like yourself, this mixture includes Vitamin C, B complex, and fluids, and will restore your hydration, gap potential nutrient deficiencies, and get you back to the level of health you deserve!

- Vitamin C +
- B12 + B1 +
- B2 + B3 +
- B5 + B6 +
- Magnesium +
- Calcium





IMMUNE SUPPORT \$165

Feeling run down, about to get sick, or do you feel like you just can't kick it? Our IMMUNE SUPPORT bag is a functional IV Injection providing replenishing fluids, vitamins, minerals and amino acids to combat a weakened immune system and get you back to life.

- Vitamin C +
- B12 + B1 +
- B2 + B3 +
- B5 + B6 +
- Magnesium + Calcium +
- Zinc +.
- Selenium +
- Glutathione

ACHES & PAINS \$215

This custom drip is designed to relieve muscle discomfort and pain caused by injury, overuse, everyday aches and pains, headaches, teeth, menstrual cramps, rheumatic pain, and more.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- L-Glutamine +
- L-Proline + L-Lysine +
- L-Arginine + L-Taurine +
- Magnesium +
- Selenium +
- Calcium + Zinc +
- Chloride + Glucosamine +
- Glutathione





COSMETIC \$225

Our COSMETIC drip is fortified with amino acids and active ingredients to repair and stimulate collagen growth naturally. Helps to reduce fine lines and wrinkles, suppress formation of acne and blemishes, produce collagen to enhance elasticity, whiter skin, and more!

- Vitamin C +
- B 12 + B 1 + B2 +
- B3 + B5 +B6 +
- L-Proline + L-Lysine +
- L-Carnitine + L-Glutamine +
- Magnesium +
- Calcium +
- Zinc +
- Manganese +
- Selenium +
- Glutathione

DIET & DETOX \$175

Our DIET AND DETOX drip provides your body essential replenishing fluid, vitamins, minerals and amino acids to burn stubborn body fat, detoxify your body to rid it of unhealthy toxins, and boost your energy.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- L-Carnitine +
- Magnesium +
- Calcium +
- Zinc +
- Selenium +
- Glutathione





MOOD SUPPORT \$165

This is the perfect drip to boost the body's natural serotonin levels and help promote calmness. A MOOD SUPPORT drip is like a deep breathe and a smile in a bag! Great for unwinding after a long day at work, or helping erase occasional daily stresses.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- Magnesium +
- Calcium +
- Zinc +
- Chromium +
- Selenium

LIBIDO ENHANCEMENT \$205

With our LIBIDO ENHANCEMENT drip, you can expect an increase in sex drive, stamina, energy, youthful vitality, and a natural boost of Testosterone. The combination of nutrients and hydration aims to relax blood vessels and increase blood flow.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- L-Carnitine +
- L-Arginine +
- L-Taurine +
- Magnesium +
- Calcium + Zinc





ATHLETIC PERFORMANCE \$175

Our ATHLETIC PERFORMANCE bag replenishes your fluids, vitamins, minerals, and amino acids, and is perfect for before, during, and after all extreme activities, sports, and competitions. We'll help you prepare AND recover!

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 + L-Taurine +
- L-Glutamine + L-Arginine +
- Magnesium +
- Calcium + Zinc +
- Manganese +
- Chromium

GLUTATHIONE DRIP

Glutathione is an antioxidant that helps the body to fight disease and injury by binding to free radicals that have found themselves a way into your body and facilitating the removal of these free radicals and toxins from your body. It's also a nutrient that has been proven to have anti-aging effects, promotes energy and mental clarity, as well as help to fight oxidative stress in the body. Glutathione is not as effective when ingested orally because our stomach enzymes dissolve the bonds between the amino acids before glutathione can be effectively absorbed. However, when glutathione is administered intravenously, it's delivered directly into your bloodstream, bypassing the digestive system and ensuring 100% absorption, leaving you feeling refreshed and energized

Can be administered as:

Push (no fluids/hydration)— **\$105**

Drip (100ml to 1000mL)— **\$190**



HIGH-DOSE VITAMIN-C

Starting at \$200



A deficiency of vitamin C broadly affects the various key aspects of immune function, which include the innate system we are born with, the adaptive system that develops from infancy to young adulthood, the cells that kill invaders, the cells that coordinate those attacks, and even the production of antibodies that fight known infections.

While colds aren't usually dangerous in themselves, they can lead to pneumonia and other respiratory diseases, especially for aging individuals. Colds can be an early indicator of gaps in immune function that could leave one vulnerable to a cascade of serious infections.

- Vitamin C +
- Sodium Bicarbonate

OZONE \$200

Ozone therapy is the use of medical grade ozone (O₃), a highly reactive form of pure oxygen, in order to create a curative response in the body. When a person becomes sick, A.K.A. when the body's natural healing abilities stop, the reactive properties of ozone will stimulate the body to allow it to renew and regenerate itself again.





PRE- & POST-SURGICAL \$225

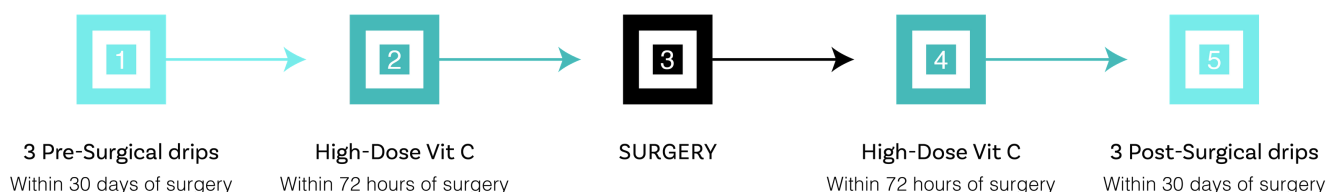
Vitamins drip® PRE- & POST-SURGERY is a functional IV drip providing replenishing fluids, vitamins, minerals and amino acids pre-surgery to enhance healing in oral and other surgical procedures.

- Vitamin C +
- B12 + B1 + B2 +
- B3 + B5 + B6 +
- L-Glutamine +
- L-Proline + L-Lysine +
- L-Carnitine +
- Magnesium + Calcium +
- Zinc + Manganese +
- Chromium + Selenium +
- Glutathione +
- Glucosamine

Full Surgical Protocol — *very highly recommended!*

We've strategically developed a full surgical protocol for anyone either currently undergoing or preparing for an upcoming surgery of any kind. This is, in part, because insufficient nutrition prior to a surgery impairs wound healing and leaves the patient more susceptible to postoperative complications, such as poor/slow healing or risk of infection. By administering optimal IV nutritional supplementation before and after surgery, we can positively influence your surgical outcome. Complication risks also increase from other medical conditions, thus the importance of adequate perioperative nutrition.

Below you'll see that the protocol includes 3 Pre-Surgical drips, 2 High-Dose Vitamin C drips, and 3 Post-Surgical drips for a total of 8 drips. It's critical that the High-Dose C drips are done within 72 hours of the surgery, while the Pre-/Post- drips may either be spread out within their corresponding 30-day windows or done three days in a row.





NAD (Nicotinamide Adenine Dinucleotide) \$225- \$500

NAD⁺ fuels your cells. Intravenous NAD⁺ powerfully improves cellular function and stimulates biogenesis of new mitochondria. Mitochondrial function declines with stress, toxicity, and age. Now you have a tool to reverse this process. NAD⁺ has been shown to help most neurodegenerative diseases such as dementia, addiction, depression, Parkinson's, MS, as well as chronic fatigue, and fibromyalgia.

For the best possible results and overall therapeutic effect of NAD⁺ infusions, we strongly recommend our 4-series of 550mg NAD⁺ drips as close together as possible (preferably within 1-3 weeks). This dose of NAD⁺ in such a time frame will allow for the best outcome for any goal you have with the treatment. For additional information on our 4-series*, contact us today!

- NAD +
- B1 + B2 +
- B3 + B5 + B6

**Receive 10% off when you purchase and prepay for a 4-series of NAD.*

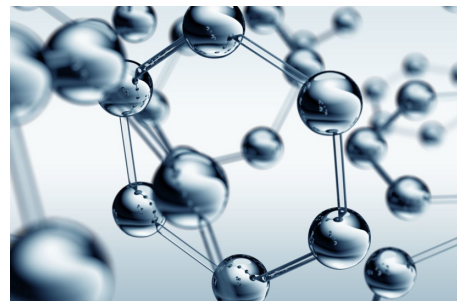
EBO2 Extracorporeal Blood Oxygenation and Ozonation \$2,200

Also known as ozone dialysis and developed by Louie Yu, PhD, the EBO2-Yu method is the newest and most comprehensive protocol for administering ozone and purifying a patient's blood that is available in a clinical setting today. It is the closest thing to an oil change for your body! EBO2 is an absolute breakthrough in the field of biotechnologies that is exploding in popularity all over the world within the functional and regenerative medicine community.

Similar to other ozone delivery methods, (such as "Ten Pass Ozone"), the EBO2-Yu method is a protocol of infusing ozone into your blood outside the body and then infusing it back into the patient intravenously. However, unlike the Ten Pass Ozone method of taking out a small amount of blood a handful of times and exposing it to ozone alone, the EBO2-Yu method pulls out and purifies the entire blood supply of the patient's body by running it through a dialysis filter (ergo, "ozone dialysis", please note: because we only add ozone gas to the blood and not large volumes of water as is done in traditional dialysis, ozone dialysis does not carry the risks of traditional dialysis)

The EBO2-Yu method combines ozonation with two other components that take the effectiveness to the next level. The entire process is comprised of 3 main steps:

- 1. Comprehensive Filtration**
- 2. Ozonation**
- 3. Ultraviolet Blood Irradiation (UBI)**



Comprehensive Filtration

During the EBO2-Yu protocol, the patient has tubes hooked up to each arm intravenously. Blood is pulled out of one arm with a very specific peristaltic pump and is first run through a special patented filtration system (called the Elisio 9H hemo dialyzer). This dialyzer filter has hollow fibers, which means that the filters themselves are made up of thousands of tiny straws which act as filtration membranes and the distinct material is polyethersulfone (PES) which is a class A resistant ozone material. Additionally, the Elisio Nepro 9H dialyzer that is used is BPA and DEHP free which differentiates it from other available dialysis filters on the market

As the blood passes through the filter it removes:

- excess inflammatory proteins
- fats, cholesterol
- heavy metal toxins cellular waste
- senescent cells (old and malfunctioning cells)

Removing these particles in and of itself may help to reduce systemic inflammation in the patient that contributes to chronic disease and accelerated aging. The filtered waste is collected in a receptacle and appears as a yellowish fluid at the bottom covered with a white foam on top. Seeing the waste collect is striking and satisfying to observe. We believe this is an excellent step to “prepare the soil” immediately before a stem cell treatment to avoid inflammatory flare-ups and optimize outcomes.

Ozonation

The blood then passes through another chamber where it is saturated with ozone, which is part of the device’s gas exchange filter. There are volumes of scientific literature spanning over decades which demonstrate that ozone is a very potent oxidant, which has the ability to neutralize virtually any pathogen (virus, bacteria, fungi) that it comes in contact with. After the ozone is diffused into the blood, it elicits its pathogen killing antiseptic effect almost immediately as it begins to dissipate within seconds. It then immediately forms secondary metabolites as byproducts called Ozonides. Ozonides consist of special types of reactive oxygen species (such as peroxides and aldehydes) that travel through the blood and act as signaling molecules for the immune system and various other adaptive processes in the body when the blood is eventually reintroduced into the patient. These signaling molecules induce a mild amount of “hormetic” stress, which activates the body’s core adaptive response and fuels the communication network that regulates the balance between its immune and antioxidant systems.

This amplifies the body’s ability to produce many compounds it needs to fight off infections, neutralize remaining toxins and reduce excess inflammation. Ozonides also allow the body to produce a compound called 2,3-diphosphoglycerate (2,3-DPG) in red blood cells, which causes more oxygen to be released by hemoglobin. This super oxygenates the blood, which further enhances the cleansing process of the blood and allows all of its cells to function more efficiently.

Ozonation

Following ozonation, the blood is exposed to a high powered ultraviolet light, a process known as Ultraviolet Blood Irradiation (UBI). Similar to ozone, ultraviolet light also acts as a powerful oxidant in the blood. The specific oxidative characteristic of Ultraviolet light has been shown to stimulate various types of immune cells and enhance their capacity to neutralize excess free-roaming pathogens, toxins, excess blood lipids, and metabolic waste products.

Also similar to ozone, UBI provides its own specific brief burst of oxidative stress that also stimulates a powerful adaptive response in the blood. This response triggers the up-regulation of many antioxidant defenses that lead to decreased systemic inflammation and increased tissue oxygenation. Historically UBI was actually a highly accepted, virtually side-effect-free treatment for infections until the 1940s and 1950s when its popularity was completely eclipsed by the debut of penicillin antibiotics and the Salk polio vaccine. In fact, within certain scientific circles, UBI has often been referred to as “the cure that time forgot” because of its profound ability to successfully treat a wide variety of infections without any reports of the pathogens developing a resistance to the therapy over time, especially appealing in this day and age.

After the blood has been through the three steps of filtration, ozonation, and irradiation with ultraviolet light, the newly purified blood runs into the tube connected to the other arm and is immediately infused back into the patient's body. The difference in color is striking and satisfying to observe. The "old" oxygen-poor blood is very dark red, while the "new" oxygen and ozone-rich blood is very light red.

The EBO2-Yu Method is the Ultimate Oil Change for Your Blood

During an EBO2-Yu protocol, a full purification loop is made that re-circulates the entire volume of a patient's blood (5-7 liters) over a period of 45 minutes. The entire procedure is 90 minutes long and can be performed immediately before a stem cell treatment or as a stand-alone maintenance treatment. EBO2 is considered the world's most advanced blood purification system that integrates the use of medical grade ozone. It is the "Ferrari" of all ozone protocols.

The ability of this method to directly ozonate the person's entire blood supply is what makes it far superior to any other delivery method for several reasons. It is well established that ozone in its original form has the ability to indiscriminately neutralize any pathogen (virus, bacteria, fungus) when it is able to make direct contact with it. But with most ozone therapies, including the more standard direct intravenous method used by most physicians, the ozone will dissipate within seconds only allowing it to directly disinfect a relatively small amount of blood close to the injection site. This leaves just the ozonides behind in the body, as well as other products that are produced that deliver all the therapeutic effects previously mentioned, including a milder antimicrobial effect than the ozone itself.

With the EBO2-Yu method, not only is the entire blood supply being saturated with ozonides but it's all being purified by ozone and UV light as it all passes through the dialysis machine, not giving the ozone time to dissipate as its being constantly reapplied. This means that you can super oxygenate and sterilize the entire bloodstream. Although the EBO2-Yu method is a relatively new technology on the scene and has not yet been thoroughly studied, many of the world's top experts in oxidative medicine believe that this device to be revolutionary. It is quite possible that this therapy, along with stem cell therapy and a few other breakthrough modalities are going to lead to a complete renaissance in the coming years and revolutionize the way we approach many conditions.

CLIENT TESTIMONIALS

Dr. Chris is extremely knowledgeable and passionate in the functional medicine space and truly knows how to dissect a problem and get to the driver of the problem. He is a gem in the Twin Cities, and I'm glad to have found him- I highly recommend anyone who wants to truly treat a chronic illness versus just masking symptoms with conventional medicine. Perhaps for those who want a serious dose of vitality to be well and feel the vitality.

– Amanda T.



I have been going weekly for the past couple weeks for High Dose Vitamin C drips and have absolutely loved my experience! This past week my entire family (husband and two children) were hit hard with influenza. A couple days into it, I went in for a drip and ended up being the only one to not get sick (and trust me, as a mom, that never happens)! I have NO doubt the High Dose Vitamin C saved me! Highly, highly recommend it!

– Emily J.

100% recommend this. It's taking my recovery from training/traveling constantly to the next level. Chris takes the time to explain everything in detail, so you know exactly what you're getting, and the atmosphere is very relaxing, making the entire experience even better. If you are even the slightest bit hesitant about this, I urge you to try it asap. You will not be disappointed.

– Chas B.

I started seeing Dr. Chris about a year ago due to my sudden intractable migraines. Little did I know it would help me in other areas! I highly recommend Dr. Chris for finding the root cause of your health issues, or if you're fortunate enough to not currently have any health issues, he is great for maintaining your health! 10/10 would recommend!

– Cheri B.



I had my first Vitamin C drip today. Wow! I felt absolutely fabulous immediately afterwards. I have been struggling with a nagging dry cough and raspy voice for 2 weeks and it has been very slow to heal. I feel like I took a large leap in healing this after my drip. I also had so much energy that I got about 3 days work done in one. I am new to these IV vitamin drips, but I'm happy to have found this great tool in healing and maintaining health.

– Jen F.

Dr. Chris is friendly, educated and professional. It's quick, painless and leaves you feeling amazing. As for the product, I can feel the difference immediately and physically know when it's time to go back! It's a great way to take care of yourself.

– Brad B.

It has been a very long process of trying to get to the bottom of my vestibular migraines. I had tried everything and nothing worked. Then I went to a naturopathic dentist who ultimately put me in touch with Dr. Chris at Vitamin Drip MN. My migraines have improved by 75%, if not more, and have helped tremendously. I would highly recommend them!

– Dyane K.

I deal with chronic back and joint pain. I had my first Vitamindrip and I have to say, it really helped me tackle a lot of those issues. My biggest gain was sleeping through the night after my treatment. I had much more restful sleep and great reduction my joint and back pain.

– Matthew H.

I had my first vitamin drip for energy and I have to say it helped my ongoing fatigue. I noticed in the evening I was no longer worn out from working but had energy and felt more alert. Dr. Chris was super kind and informative. It was a painless process from scheduling down to getting the treatment. Highly recommend you give a try if you are considering. Where else can you get that many nutrients at once in one sitting! Thank you VitaminDripMN!

– Amber T.



✕ CANCELLATION POLICY ✕

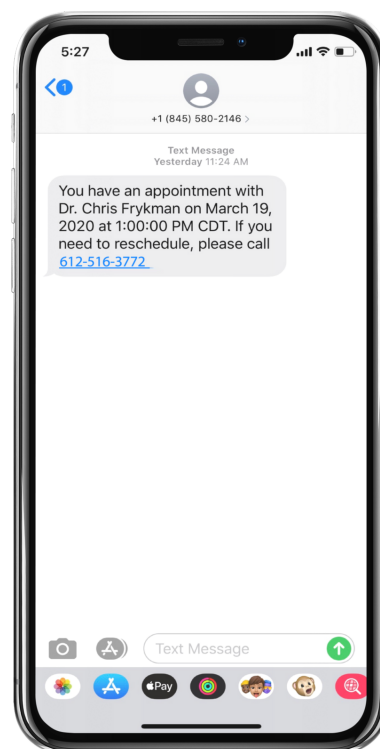
GENERAL POLICY

We completely understand life happens, so for the convenience of our patients, canceling or rescheduling a drip is easy! Please contact us **at least** 24 hours in advance, and you can cancel or rebook your appointment at your preference.

If you need to reschedule or cancel your appointment within the 24-hour time window, you will be charged for half of your drip. Each custom bag is prepared up to 24 hours in advance so that we can keep the flow of daily appointments seamless, so last-minute cancellations unfortunately result in the disposal of the full bag of nutrients.

APPOINTMENT REMINDERS

We know how easy it can be to forget an appointment, so we make sure that each and every appointment is confirmed 24 hours prior via email, as well as 2 hours prior via text for your convenience. Please ensure that we have your current email address/cell phone number on file in order to be able to do so in a way that may be beneficial to you. It remains patients' responsibility to remember appointment dates and times to avoid late arrivals and/or missed appointments, as well as help our staff remain efficient by providing enough notice to avoid cancellation fees.



To reschedule an appointment, please call
(612) 516-3772



COVID-19 POLICY



GENERAL POLICY

At VitaminDrip Minnesota, your health and safety are our top priorities. Considering all that is happening, we want to let you know that we are taking extra precautions to limit the spread of the COVID-19 virus. For the time being, we ask that you please respect the following initiatives. Your safety is our primary concern.

- Do not come into the clinic if you, a family member, or other person you are in close contact with has been diagnosed or is waiting on test results for COVID-19.
- If you have an upcoming visit or are wanting to schedule and are experiencing any of the following symptoms, please call the office and reschedule for a later date. It is also our recommendation that you enter a 2-week self-quarantine.
 - Fever (≥ 100.4)
 - Cough (Productive or Non-Productive)
 - Bronchitis or Respiratory Infection
 - Sore Throat
 - Shortness of Breath
 - Digestive Complaints, including Vomiting or Diarrhea
 - Severe fatigue not associated with travel, myalgia, and/or arthralgia.
- If you have traveled to a high-risk area outside the United States, such as China, South Korea, Iran, Europe (Schengen Area), United Kingdom, and Ireland, please call the office to reschedule your appointment until after you have at least 14 days of being symptom-free.
- To minimize the number of people in our office, we respectfully request that you do not bring siblings, friends, or relatives to your family member's appointment.
- When parents are accompanying children, we ask that only one parent, rather than both, attend with your child.
- Upon arrival of your appointment, please wash your hands with soap and water in the restroom.
- Masks must be worn at all times in the clinic.
- *If you have a medical exemption, after the encounter with the nurse and treatment has begun you may remove your mask, if you are 6 feet away then you can remove your mask.
- In addition to our standard levels of sterilization and disinfection after every patient visit, our team is disinfecting common areas throughout the day.

We realize that some may feel this is an overreaction to the current situation, but we would rather err on taking precautions beyond the currently stated CDC recommendations to make every effort to ensure the health of our community.

To reschedule an appointment, please call
(612) 516-3772

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LOCATIONS + HOURS

We have 3 clinic locations open during the week on their corresponding days (see below). You're welcome to schedule your appointment at whichever location that works best for your schedule.



Click on any location to view it on the map!

MONDAY, WEDNESDAY, FRIDAY, SATURDAY

WAYZATA/DEEPHAVEN

18128 Minnetonka Blvd,
Wayzata, MN 55391

THURSDAY

ST. PAUL

1815 Suburban Ave.
St Paul, MN 55119

FRIDAY

BLAINE

10729 Town Square Dr NE
Suite 150
Blaine, MN 55449



LOCATIONS + HOURS

We have 3 clinic locations open during the week on their corresponding days (see below). You're welcome to schedule your appointment at whichever location that works best for your schedule.



Click on any location to view it on the map!

MONDAY, WEDNESDAY, FRIDAY, SATURDAY

WAYZATA/DEEPHAVEN

18128 Minnetonka Blvd,
Wayzata, MN 55391

THURSDAY

ST. PAUL

1815 Suburban Ave.
St Paul, MN 55119

FRIDAY

BLAINE

10729 Town Square Dr NE
Suite 150
Blaine, MN 55449