



Thank you for scheduling an EBO2 treatment with Vitamindrip MN! Below are a few simple steps that we encourage taking before and after your appointment to ensure your treatment is seamless and effective.

3 DAYS BEFORE TREATMENT

- Begin drinking one gallon of purified water per day to ensure proper hydration and good vein access
- Begin taking 10 grams of EPA/DHA fish oil per day
- Continue taking any prescribed medications as usual

DAY OF TREATMENT

Eat a good meal before coming in for your appointment, preferably one with some fat content.

EBO2 TREATMENT



The EBO2 machine re-circulates 5 to 7 liters of your blood over a 45-minute period. The entire procedure is ~90 minutes.

POST-TREATMENT CARE

- Rest when your body indicates it's needed
- Sauna use to promote detoxification and elimination of toxins
- Dry brushing
- Dynamic Detox Formula
- Coffee enemas to support elimination and clearance of toxins

Note: We require at least 3 days notice to reschedule your EBO2 appointment, otherwise you will be charged 50% of the treatment cost. To reschedule, please call (612) 516-3772.