



Power Up Patient Education

Ingredients:

- Calcium Chloride
- Vita Complex (thiamine HCL (B1), riboflavin 5 phosphate (B2), niacinamide (B3), dexpanthenol (B5), pyridoxine HCL (B6))
- Ascorbic Acid
- NAD+
- Glutathione
- Methylcobalamin

Benefits:

- Boost energy
- Fatigue relief
- Enhance physical performance and stamina

Contraindications:

- Cardiac history including but not limited to CHF, CAD- unstable angina, atherosclerosis; digoxin use, calcium channel blocker use (increased risk for adverse effects)
- Severe kidney disease (risk for toxicity; fluid overload)
- Severe Liver disease (increased liver enzymes; NAD toxicity)
- Optic atrophy or Leber's disease (may worsen condition)
- Acute gastritis (B3 can increase stomach acidity)
- Polycythemia vera (B12 supplementation may exacerbate)
- Cobalt or egg allergy, allergy or sensitivity to any component of mixture including benzyl alcohol, sodium hydroxide or hydrochloric acid
- Parkinson's Disease (risk for interaction with medications)
- Iron overload; hypercalcemia, hypophosphatemia
- Active or hx of cancer (risk for cell proliferation) - oncology clearance
- Serious chronic disease or systemic illness
- Ceftriaxone Use (critical interaction with calcium chloride)

Caution:

- Pregnancy or breastfeeding (OB clearance)
- Less than 18 years old (Pediatrician clearance)
- Kidney Disease (risk for fluid overload; toxicity)
- Liver disease (niacin increases liver enzymes)
- Hx of kidney stones (risk to exacerbate)
- Severe hypokalemia (r/t B12 may exacerbate)- Notify NP
- Gout (may trigger flare)
- Hemochromatosis (can lead to iron overload)
- Megablastic anemia- Notify NP
- Sulfa allergy (low risk for cross-sensitivity)
- Asthma (glutathione may induce asthma attack)- bring inhaler
- Low blood pressure; hx of orthostatic hypotension (B3 may further lower BP)
- Chronic acetaminophen use (increased risk for toxicity)
- Nitroglycerin, nitrate use (glutathione may alter metabolism)
- Chronic Metformin Use (interaction with B12 "very rarely results in a pernicious anemia" that resolves with discontinuation of B12 supplementation)

