



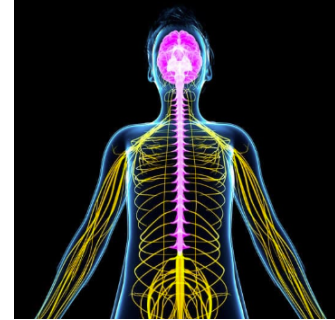
Calm & Restore Patient Education

Ingredients:

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

Benefits:

- Stress relief
- Nervous system calm



Contraindications:

- Severe kidney disease (creatinine clearance $<20\text{mL/min}$); kidney stones (risk for toxicity, fluid overload; exacerbate stones)
- Cardiac history including but not limited to CHF- unstable angina, digoxin use, calcium channel blocker use, arrhythmia, AV block; use of blood thinners (increased risk for adverse effects)
- Myasthenia gravis or other neuromuscular d/o (may exacerbate)- Neurology clearance
- Optic atrophy or Leber's Disease (may worsen condition)
- Parkinson's Disease (risk for interaction with medications) Neurology clearance
- Acute gastritis (B3 increases stomach acidity)
- Hypercalcemia; hypophosphatemia
- Active or hx of cancer (risk for cell proliferation) Oncology clearance
- Egg allergy, cobalt allergy, allergy to any component of mix including benzyl alcohol, sodium hydroxide or hydrochloric acid
- Respiratory depression/ difficulty breathing (may exacerbate)
- Active infection; antibiotic use- (critical interaction with ceftriaxone)
- Polycythemia vera (B12 supplementation may exacerbate condition)

Caution:

- Pregnancy or breastfeeding (OB clearance)
- Less than 18 years old (Pediatrician clearance)
- May induce asthma attack (bring inhaler)
- Hx of Gout (may lead to flare)
- Hemochromatosis (risk for iron overload)
- Presenting low BP; history of orthostatic hypotension (B3 and magnesium may further lower BP)
- Muscle relaxer use; Magnesium supplementation (risk for hypoventilation) - NP clearance
- Insulin use (insulin increases intracellular magnesium increasing risk for toxicity) - NP clearance
- Hypotension or hx of orthostatic hypotension (may exacerbate)
- Kidney Disease (increased risk for toxicity and fluid overload); kidney stones (may exacerbate)
- Liver Disease (niacin increases liver enzymes)
- Nitroglycerin, nitrate use (glutathione may alter their metabolism)
- Chronic acetaminophen use (increased risk for toxicity)
- Severe hypokalemia (r/t B12 may exacerbate); Megaloblastic anemia (r/t B12)- Notify NP
- Chronic Metformin Use (interaction with B12 "very rarely results in a pernicious anemia" that resolves with discontinuation of B12 supplementation)