



Immune Boost Patient Education

Ingredients:

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



Benefits:

- Prevention of or boost recovery from sickness

Contraindications:

- Severe kidney disease (creatinine clearance <20mL/min)- (Nephrology clearance)
- Optic atrophy or Leber's disease (may worsen condition)
- Acute gastritis (B3 increases stomach acidity)
- Hypercalcemia, hypophosphatemia, copper deficiency
- Polycythemia vera (B12 supplementation may exacerbate condition)
- Myasthenia gravis or other neuromuscular d/o (may exacerbate)- (Neurology clearance)
- Cardiac hx including but not limited to CHF, CAD- unstable angina, arrhythmia, AV block, CHF, blood thinner use, digoxin use, calcium channel blocker use (increased risk for adverse effects)
- Cobalt allergy, allergy or sensitivity to any component of mix including benzyl alcohol, sodium hydroxide or hydrochloric acid
- Parkinson's Disease (risk to interact with medications)- (Neurology Clearance)
- Difficulty breathing/ respiratory depression (may exacerbate)
- Ceftriaxone use (critical interaction with calcium chloride)
- Respiratory depression/ difficulty breathing (may exacerbate)
- Ceftriaxone use (critical interaction with calcium chloride)

Caution:

- Pregnancy or breastfeeding (OB clearance)
- Less than 18 years old (Pediatrician clearance)
- Muscle relaxer use; Magnesium supplementation (risk for hypoventilation) - NP clearance
- Insulin use (insulin increases intracellular magnesium increasing risk for toxicity) - NP clearance
- Sulfa allergy (low risk for cross-sensitivity)
- Hemochromatosis (risk for iron overload)
- Crohn's, Celiac, short-bowel syndrome, hx of gastric bypass (zinc may exacerbate copper deficiency)
- Hx of gout (may lead to flare)
- Hypotension or hx of orthostatic hypotension (may exacerbate or induce)
- Kidney disease *extreme caution with zinc use* (risk for fluid overload; toxicity)
- Hx of kidney stones (may exacerbate)
- Liver disease (B3 increases liver enzymes)
- Crohn's, Celiac, Short-Bowel Syndrome or hx of gastric bypass (zinc may exacerbate copper deficiency)
- Known copper deficiency
- Severe hypokalemia (B12 may exacerbate)
- Megablastic anemia- Notify NP
- Chronic Metformin Use (interaction with B12 "very rarely results in a pernicious anemia" that resolves with discontinuation of B12 supplementation)