



Cleanse & Reset Patient Education

Ingredients:

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

Benefits:

- Dehydration relief
- Headache relief (r/t alcohol consumption/dehydration)



Contraindications:

- Hypercalcemia, hypophosphatemia
- Severe kidney disease (increased potential for toxicity and fluid overload)
- Cardiac history including but not limited to: CHF, CAD-unstable angina, arrhythmia, AV block, blood thinner use, digoxin use, calcium channel blocker use (increase risk for adverse effects)
- Myasthenia gravis or other neuromuscular d/o (may exacerbate)- Neurology clearance
- Optic atrophy or Leber's Disease (may worsen condition)
- Acute gastritis (B3 increases stomach acidity)
- Ceftriaxone use (critical interaction with Calcium chloride)
- Severe hypokalemia (r/t B12)
- Allergy or sensitivity to eggs or any component of mix including benzyl alcohol, sodium hydroxide or hydrochloric acid
- Difficulty breathing; respiratory depression (may exacerbate)
- Active or history of cancer (risk for cell proliferation) Oncology clearance

Caution:

- Pregnancy or breastfeeding (OB clearance)
- Less than 18 years old (Pediatrician clearance)
- Hemochromatosis (increased iron absorption)
- Kidney Disease (risk for fluid overload/ toxicity)
- Hx of kidney stones (may exacerbate)
- Hx of Gout (may lead to flare)
- Presenting low BP; history of orthostatic hypotension (B3 and magnesium may further lower BP)
- Asthma (may induce asthma attack)- pt to bring inhaler
- Muscle relaxer use; Magnesium supplementation (risk for hypoventilation) - NP clearance
- Insulin use (insulin increases intracellular magnesium increasing risk for toxicity) - NP clearance
- Calcium channel blocker use (magnesium enhances effects; calcium use may block)
- Use of muscle relaxer/magnesium (risk of hypoventilation/ toxicity)- NP clearance
- Hypotension or hx of orthostatic hypotension (may exacerbate)
- Liver disease (B3 increases liver enzymes; risk for toxicity)
- Nitroglycerin use, nitrate use (glutathione may alter their metabolism)
- Chronic acetaminophen use (increased risk for toxicity)