



# VitaHer

PMS relief that you can really feel. We combine the power of magnesium, B6 and B12 with pain and/or anti-nausea medicine to get you back on your feet.



0.9% Normal Saline 500-1000 ml of fluids.

**B6 (Pyridoxine)** plays an important role in healthy metabolism, nerve functions, skin health and increasing overall energy. It is also FDA approved for the treatment of nausea/vomiting in pregnancy.

**B12 (Hydroxycobalamin)** is required by the body to make red blood cells, nerves and DNA. It has been shown to reduce levels of homocysteine, owing to its cardiovascular importance. B12 has so many functions, none more important than its role in carbohydrate metabolism.

**Magnesium** plays an active role in over 600 biochemical reactions in the body including muscle relaxation, nerve signal conduction, regulates metabolism of proteins, DNA, fatty acids and carbohydrate.

**Zofran** is a prescription strength anti-nausea medication. This drug is highly effective at reducing the severe effects of nausea and vomiting. Generally well tolerated, may cause mild drowsiness. It is also FDA approved for the treatment of nausea/vomiting in pregnancy.

**Toradol** is a prescription strength anti-inflammatory that is widely used to treat moderate to severe pain. Toradol contains no narcotic and thus is not habit forming.