



The Myers' Cocktail

HIGH-DOSE VITAMINS & MINERALS...NOT A FANCY DRINK

by Kathleen Pratt, ND

In our last edition of this newsletter, we introduced the topic of IV treatments as an effective alternative when pills and liquids don't work. We covered the potential benefits of many IV treatments from a birds-eye view. In this edition, I'd like to zoom in on one particularly useful treatment, the Myers' cocktail. It's a combination of vitamins and minerals given by intravenous injection, named for Dr. John Myers, a physician in Baltimore who pioneered its use in the 1960's. The formula, refined and further popularized by Dr. Alan Gaby, has been used successfully with a growing body of evidence for treating a number of conditions.

What Conditions?

The Myers' cocktail is useful for treating...

- Migraines
- Chronic fatigue
- Muscle spasms
- Fibromyalgia
- Asthma
- Congestive heart failure
- Ischemic vascular disease
- Colds, flu and other infections
- Senile dementia
- Chronic urticaria (hives)

What's in it?

The Myers' cocktail consists of magnesium, calcium, vitamin B12, B-complex [niacin, thiamine, pantothenic acid (vitamin B5), pyridoxine, vitamin B6)] and vitamin C. The amounts of each vitamin are formulated specifically for the patient and condition being treated. Usually given as a "push," meaning that the ingredients are injected by syringe, the procedure takes about 15 – 20 minutes. On occasion, it can be given with the more traditional IV infusion setup, when more time is needed for specific patient circumstances.

Why IV?

IV nutrients can be given in higher concentrations than oral or even intramuscular injections. This means we can administer higher doses that can double or triple effectiveness, without the unpleasant gastrointestinal side effects that often occur with oral supplements. What's more, some nutrients are only effective at doses achievable with IV therapy. Magnesium and vitamin C are good examples. They both will cause diarrhea when taken orally in large doses, but IV doses are safe and have few side effects. Vitamin C is also much more effective as an antiviral treatment at concentrations only achievable with IV. In the same way, some of the benefits of magnesium, such as bronchial and vascular smooth muscle relaxation, are only achieved with IV doses.

Safety

Myers' cocktail is very safe. There is a possibility of some redness or inflammation at the injection site, and there have been a few reports of allergic reaction to thiamine, though this is extremely rare (3 cases reported in the US since 1946). People on certain drugs that deplete potassium, such as some blood pressure medications, will have their potassium level tested before proceeding with the therapy. And finally, the treatment can cause a sensation of warmth, but most patients don't mind it.

Effectiveness

Alan Gaby, M.D. has documented the effectiveness of Myers' cocktail in thousands of treatments, in case reports and anecdotal information. Some double-blind trials have also been conducted, including trials of the individual ingredients, such as IV magnesium, which has proven effective in treating migraines, asthma, fibromyalgia, depression, and some heart conditions. And IV magnesium and calcium together have been shown to prevent neuropathy caused by certain chemotherapies.

Cost

IV vitamins and minerals are not covered by insurance, but then again, neither are oral vitamins and minerals, typically. The good news is that the cost is very reasonable. Depending on the exact balance of nutrients, the cost at this time is approximately \$125 per treatment. Some patients only need one treatment, while others may need more.

We are pleased to be able to offer this safe, effective (sometimes the only effective) treatment at our Ballard Clinic. If you think you could benefit from it, please [contact us](#) to discuss your specific situation or to schedule an appointment.

For an excellent in-depth review of the Myers' Cocktail see www.altmedrev.com/publications/7/5/389.pdf. ❖