

WHAT'S IN THE BAG?



The official cheat sheet for RM² IV infusions. Here's what they do and why they're good for you.

NORMAL SALINE (NS)

Best used for fast fluid replacement after a moderate to intense workout. This balanced fluid increases circulating plasma volume and replaces mild electrolyte losses without altering fluid concentrations.

D5LR

Rehydration after a more challenging workout (profuse sweating, accelerated calorie burn) to replace electrolytes, fluid volume, and buffer the body's pH balance. This solution has a higher concentration of electrolytes including: calcium, potassium, lactate, sodium, and chloride.

B VITAMIN BOOST

B1 - THIAMINE

Helps the body generate energy from carbohydrates. Key role in nerve, muscle, and heart function.

B2 - RIBOFLAVIN

Plays a crucial role in metabolism of carbohydrates, proteins and fats to produce energy and allows oxygen to be used efficiently by the body.

B3 - NIACINAMIDE

Helps the body break down carbohydrates, fats, and proteins into energy.

B5 - DEXPANTHENOL

Necessary for making blood cells, also for conversion of carbohydrates, fats and proteins into energy.

B6 - PYRIDOXINE

Needed to maintain the health of nerves, skin, and red blood cells. Helps the body produce important neurotransmitters serotonin and norepinephrine.

VITAMIN C

A powerful antioxidant and immune booster that helps protect cells from free radical damage by reducing oxidative stress induced by high levels of exercise. Improves iron absorption and is known for anti-aging benefits.

Has also been shown to help prevent high blood pressure, stroke risk factors, gout, and neurodegenerative diseases.

AMINO ACIDS

Necessary building blocks of proteins that synthesize nearly every muscle, tissue, and biological process in the body.

L - ARGININE

Converts into nitric oxide in the body which helps relax blood vessels and improve circulation, a process that promotes endurance and muscle conditioning.

L- CITRULINE

Increases strength and stamina as it promotes circulation.

L- ORNITHINE

Reduces fatigue and improves measures of athletic performance such as speed, strength, and power in some people. Also, known to improve strength and power in weightlifters in combination with arginine.

L - CARNITINE

An antioxidant that reduces markers of stress caused by exercise. Helps move fat into cells where they can be utilized for energy.

GLUTATHIONE

Neutralizes free radicals produced by toxins, inflammation, or strenuous exercise. Allows for faster recovery, increased strength and endurance, and decreased recovery time from pain and fatigue.

ZINC

Necessary to boost immunity, form collagen, unite bone fractures, heal wounds, and prevent osteoporosis. Plays a crucial role in hormone production, including testosterone, which is essential for building lean muscle mass. Helps maintain a strong heart, respiratory system, and healthy cholesterol levels. Research has shown adequate zinc levels improve VO₂ max.

CALCIUM

An essential nutrient often lost through perspiration. Helps prevent muscle cramps and makes bones stronger. Plays a vital role in heart and skeletal muscle contraction and relaxation.

MAGNESIUM

An essential mineral involved in ATP (the body's energy source) production and immunity that is readily depleted through sweat. It is important for red blood cell formation, maintaining hormone balance, fighting inflammation, raising antioxidant levels, and replenishing energy stores in muscle. Also, calms the central nervous system, lowering heart rate and enabling restful sleep.

ALPHA LIPOIC ACID

Antioxidant, protects cell membranes against free radical damage. Facilitates the transport of metabolic energy and boosts mitochondrial activity. A necessary coenzyme critical for neural function and metabolism of carbohydrates for energy. May enhance the body's ability to utilize insulin to lower blood sugar and may help reduce neurodegenerative risk factors.

BRANCH CHAIN AMINO ACIDS

As the building blocks of proteins, this supplement accelerates muscle tissue repair and increases muscle mass gains when used right before or after workouts.

B12 / METHYLCOBALAMIN

Critical role in red blood cell formation and optimal neurological function. Research suggests that athletes with poor or marginal nutritional status for vitamin B12 may have decreased ability to perform high intensity exercise. In women specifically, higher B12 levels correlate with enhanced athletic performance. Also shown to prevent brain atrophy and Alzheimer's disease.