

MOOD & SLEEP DRIP

Mobile/Home IV Fee Differs, call to inquire about fees. Dependent on location, event type, number of clients, etc.



Naturally balance your mood, reduce stress, improve sleep quality, relieve migraines and tension headaches, and promote relaxation with this IV drip of essential nutrients and amino acids.

The Mood & Sleep IV drip is great for improving sleep quality and duration, balancing mood, reducing stress, relieving the symptoms of migraines and tension headaches, and improving well-being.

Zinc is an essential mineral that has been shown to improve sleep quality, allowing the body to reach REM sleep. It has also been shown to regulate mood and improve sense of well-being. **Magnesium** is another essential mineral vital to brain function and mood balance, as well as a natural anti-inflammatory. Magnesium has also been shown to improve sleep quality and duration. **Vitamin B6** is an essential **B-vitamin** important in hormone regulation, including production of **serotonin** and **melatonin**. Together, this combination of **zinc, magnesium, and vitamin B6** has been shown to promote hormone production, improve sleep quality and duration, and regulate mood.

Glycine, a precursor to the **antioxidant glutathione**, is an essential amino acid important in cognitive function, mood regulation, and sleep quality. **Vitamin D** is the most common nutrient deficiency in the US, and deficiency can affect sleep quality, hormone production, mood, and cognitive function. Trace minerals and electrolytes are also included to provide nerve support, muscle recovery, and proper hydration.

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