

Top 25 Myers Cocktail Components and Protocols

A quick-reference guide to the core ingredients, dosages, variations, and clinical considerations for the Myers cocktail IV infusion protocol. Use this worksheet to standardise your IV therapy menu and train new staff on formulation basics.

RANK	CODE / DESCRIPTION
1	MgCl₂ Magnesium chloride - 2g in 1000ml NS, supports muscle relaxation and migraine relief
2	CaCl₂ Calcium gluconate - 1-2g IV, supports bone health and nerve function
3	Vit C Ascorbic acid (vitamin C) - 1-5g IV, immune support and antioxidant
4	B1 Thiamine - 100mg, energy metabolism and nervous system support
5	B2 Riboflavin - 2mg, cellular energy production and tissue repair
6	B3 Niacinamide - 100mg, DNA repair and cellular signalling
7	B5 Dexpanthenol (pantothenic acid) - 250mg, adrenal function and hormone synthesis
8	B6 Pyridoxine - 100mg, neurotransmitter synthesis and immune response
9	B7 Biotin - 1mg, supports skin, hair, and nail health
10	B9 Folic acid - 1mg, DNA synthesis and cell division
11	B12 Hydroxocobalamin - 1mg, red blood cell formation and neurological function
12	Zinc Zinc sulphate - 10mg, immune modulation and wound healing

RANK	CODE / DESCRIPTION
13	Selenium Sodium selenite - 200mcg, thyroid function and antioxidant defence
14	Glutathione Glutathione push - 600-2000mg, master antioxidant and detoxification
15	NAD+ Nicotinamide adenine dinucleotide - 250-500mg, cellular repair and anti-ageing
16	Taurine Taurine - 1g, cardiovascular support and electrolyte balance
17	NS Base Normal saline (0.9% NaCl) - 250-1000ml base fluid for infusion
18	LR Base Lactated Ringers - alternative base fluid with electrolytes
19	Classic Classic Myers - Mg, Ca, B-complex, vitamin C in 250ml NS over 15-20 min
20	Modified Modified Myers - higher-dose vitamin C (5-10g) with added glutathione push
21	Immune Immune boost protocol - Myers base + zinc, selenium, extra vitamin C
22	Energy Energy protocol - Myers base + extra B12, B5, taurine, CoQ10
23	Recovery Athletic recovery - Myers base + amino acids, magnesium, glutathione
24	Anti-age Anti-ageing protocol - Myers base + NAD+, glutathione, biotin

RANK

CODE / DESCRIPTION

25**Migraine**

Migraine protocol - high-dose magnesium (2g), B2, B6 in 500ml NS