

Myers' Cocktail

What is Myers' Cocktail?

The Myers' Cocktail was first developed by John Myers MD, a physician practicing out of Baltimore. He helped patients by giving them a blend of vitamins and essential nutrients. Depending on their medical problems, patients received Myers' Cocktails once or twice a week.

Myers' Cocktail can have many beneficial effects and boosts energy levels. It is effective in helping manage various illnesses because it supplements the effects of regular medications.

What does a Myers' Cocktail contain?

- **B-Complex:** B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. Vitamin B complex helps prevent infections and helps support or promote: cell health.
- **B5:** helps produce energy by breaking down fats and carbohydrates. It also promotes healthy skin, hair, eyes, and liver
- **B6:** benefits the central nervous system and metabolism. Its roles include turning food into energy and helping to create neurotransmitters, such as serotonin and dopamine
- **B-12:** a nutrient that helps keep your body's blood and nerve cells healthy and helps make DNA, the genetic material in all of your cells
- **Calcium:** helps in tooth and bone formation, heart rhythm, blood clotting, the metabolism of cells, and the functioning of the nervous system
- **Magnesium:** this mineral is involved in the formation of bone, the metabolism of carbohydrates, vitamins, amino acids, and calcium. It also helps regulate blood pressure and aids in muscle function
- **Vitamin C:** aids in the growth and repairment of all tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth

Myers' Cocktails have been known to treat the following conditions:

- Acute fatigue
- Migraine
- Acute asthma attacks
- Cardiovascular diseases

- Acute muscle spasms
- Upper respiratory tract infections
- Seasonal allergies
- Inflammation of the sinuses
- Hyperthyroidism
- Depression and chronic stress
- Low immunity levels
- Hormone imbalances