Intravenous (IV) vitamin therapy (also known as intravenous micronutrient therapy and hydration therapy) is a way to give high concentrations of vitamins and minerals directly into the bloodstream, allowing rapid absorption of higher doses of the vitamins and minerals than if the person got them through food or supplements. These liquids are delivered through a small tube inserted into a vein.

- The infusions typically take 20 to 60 minutes, depending on the volume of the cocktail and the size of the person's veins.

The Myers' cocktail is a popular formula among complementary and alternative medicine providers for IV vitamin therapy. This multivitamin therapy is offered to increase energy, enhance immunity, and reduce stress, but there are no data to support these claims and no regulatory oversight of its administration.

- The Myers' formula consists of high doses of B vitamins, vitamin C, and minerals (magnesium and calcium) mixed with sterile water.
- Dr. John Myers developed and administered the first IV vitamin treatments in Baltimore in the 1970s.
- Gracious Family Health will offer this therapy in the Fall.