Tecaya Health
Larrea Naturopathic Medicine

HIGH-POTENCY NUTRIENT IV

LONG COVID RECOVERY

Advanced intravenous micronutrient therapy: 3–4× the potency of a standard Myers' Cocktail

Long COVID can disrupt **mitochondrial energy production, immune regulation, and cellular repair.** Our custom IV delivers therapeutic-dose nutrients directly into the bloodstream, bypassing the gut, to address the root drivers of persistent fatigue, brain fog, immune dysregulation, and autonomic dysfunction at the cellular level.

POTENTIAL BENEFITS FOR LONG COVID

Energy & Fatigue
Mitochondrial recharge, reduced post-exertional malaise (PEM), sustained stamina

Brain & Cognition
Reduced brain fog, improved focus, neuroprotection

Immune Regulation
Calms a dysregulated immune response and mast cells

Nervous System
Autonomic and vagal tone; dysautonomia support

Oxidative Stress
Neutralizes free radicals from viral and immune damage

Mood & Sleep
Supports neurotransmitter balance and restorative sleep

KEY ACTIVE INGREDIENTS

NAD⁺ 50 mg per IV
Nicotinamide adenine dinucleotide. Higher-dose NAD⁺ IVs (200–500 mg) are available separately.

- Restores mitochondrial energy (ATP) production
- Activates sirtuins for cellular repair and longevity
- Supports neurological recovery and brain fog
- Reduces post-viral inflammation and oxidative stress
- Improves autonomic (vagal) tone

L-Carnitine 500 mg
Transports fatty acids into the mitochondria for fuel.

- Combats post-exertional malaise (PEM)
- Supports heart and skeletal muscle function
- Neuroprotective; aids cognitive recovery
- Depleted by viral illness and mitochondrial stress

Taurine 200 mg
A calming amino acid with antioxidant power.

- Powerful antioxidant and anti-inflammatory
- Stabilizes cell membranes and mitochondria
- Modulates the immune response and mast cells
- Calms the nervous system; supports GABA activity
- Improves cardiovascular and autonomic function

Full Nutrient Foundation 3× standard concentration

Nutrient	Dose	What it supports
Vitamin C	8 grams (8,000 mg)	Immune function and antioxidant protection
Magnesium sulfate	2,000 mg	Mitochondria, detox, muscle, nerves, and sleep
Calcium gluconate	500 mcg	Muscle, nerves, and sleep
B-complex (B1, B2, B3, B5, B6) + methylated B12 & folate	—	Energy pathways and neurological support
Zinc, selenium & trace minerals	—	Immune repair and detoxification

SUGGESTED PROTOCOL

5–15	Weekly	60–130	Monthly
sessions in your initial series	to start	minutes per session	maintenance, as needed

PERSONALIZED ADD-ONS

Dr. Tecaya may personalize your IV for your specific needs. Possible add-ons include:

Add-on	What it's for
Glutathione	Master antioxidant for detox and cellular repair
Additional NAD⁺ (50 mg)	Extra mitochondrial and cellular energy support
Engystol / Gripp (homeopathic)	Viral issues
Thuja (homeopathic)	Vaccine-related issues
cAMP (homeopathic)	Mitochondrial support
Hepar (homeopathic)	Liver support
Cor suis-Injeel (homeopathic)	Heart rhythm issues
Cralonin (homeopathic)	Myocardial (heart muscle) stress of viral origin

BEST RESULTS: PAIR YOUR IV WITH

Daily Habits

- Organic, glyphosate-free whole-foods diet
- Grass-fed/clean protein and about 30 g of fiber daily
- Intermittent fasting (if tolerated)
- **Gentle movement:** avoid post-exertional crashes
- Limbic retraining and vagus nerve stimulation
- Mold and toxin avoidance to reduce your total load
- Avoid fragrances and endocrine disruptors

Supplements Between IVs

To promote mitochondrial renewal and cellular function:

- Oral NAD⁺ precursors (NMN or NR)
- Liposomal Catalyst (NAD⁺ and more)
- MitoCore multivitamin
- Liposomal glutathione

PRICING

Long COVID IV

Single IV **$265**

Package of 5 **$1,000**

Package saves $325

Add-Ons

Glutathione **$40**

Additional 50 mg NAD⁺ **$60**

Homeopathics **$45 each or $65 for 2**

This handout is for educational purposes and is not a substitute for individualized medical advice. Please tell us about all medications, supplements, and health conditions, including kidney or heart conditions, and if you are pregnant or breastfeeding, before starting IV therapy. Prices are subject to change.

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