



THE SONOMA ROOTS NUTRIENT INJECTION MENU

Schedule online or by calling us

Enhanced Energy | Improved Mood | Optimized Sleep | Wellness | Stress Management | Vitality Boost | Immune Support

BASIC NUTRIENTS

B-12 \$25

2,500 mcg of B-12

Possible Benefits: Energy, balanced mood, sleep quality.

Double B-12 \$35

5,000 mcg of B-12

BUILD YOUR OWN SHOT:

Select a B-12 option above and add any of the below nutrients below.

ADD-ON's: \$10 EACH:

B5

Adrenal/stress, metabolism, mental performance & hormonal support.

B6

Mood, hormonal, nerve health, eye, anti-inflammatory & pain support.

B-complex

Energy, metabolism, nervous system & mood support.

Biotin

Hair, skin, nail, muscle tone, mood metabolism, brain support.

Glutathione (partial)

Antioxidant, anti-aging, liver & detoxification support.

MIC (partial)

Liver, detoxification & weight management support.

Carnitine

Cellular, cardiovascular & fatty acid metabolism support.

Taurine

Cardiovascular, brain, energy, muscle recovery & liver support.

CoQ10 (partial)

Antioxidant, cardiovascular, fertility & nervous system support.

Vitamin D (partial)

Bone health, immune, hormonal & mood support.

SPECIALTY NUTRIENTS

Glutathione \$30 | 300 mg

The most potent antioxidant in the body that is easily depleted and hard for the body to replenish.

Possible benefits: Liver & detoxification support, anti-aging, protects against free-radical damage (toxins, smoke, medications, over exercise, sun exposure, pesticides). May be protective against sunburn too!

Magnesium \$30 | High dose

Possible benefits: May help relieve muscle and nervous tension, restless leg syndrome, muscle cramps, spasms, headache, stress. Doesn't impact bowel function.

*Can be combined with other injections

CoQ10 \$55 | 20 mg

Possible Benefits: Heart health, headaches, fertility, exercise performance & is useful with statin use.

Alpha-lipoic acid \$35 | 25 mg

Possible Benefits: Powerful antioxidant to combat oxidative stress and inflammation and support immune function. Useful for those with blood sugar imbalances, nerve damage or neuropathy, cardiovascular risks or concerns about eye health & vision.

Higher doses may be available to established patients who are under naturopathic care with our doctor. Prior consultation is required.

Additional Information:

- We use methylated forms of B-vitamins in our shot formulations.
- Lidocaine is available upon request to help minimize burning sensation.

Common side effects:

- Pain or bruising at injection site.
- Facial flushing with B-complex
- Pink/red urination 12-36 hours later

Please contact Sonoma Roots by phone or email (after hours) if you're experiencing any worrisome side effects.

Sonoma Roots

651 1st St W, Ste B
Sonoma, CA 95476
sonomaroots.com
(707) 996-4656

info@sonomaroots.com



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SPECIALTY & COMBINATION FORMULAS:

ENERGY:

Energy Booster \$35

B-12 + B-complex

Super Energy Booster \$60

Double B-12 + Double B-complex + B5

DETOX & WEIGHT LOSS:

Liver Lover \$50

B12 + B-complex + MIC + glutathione

Hangover Helper \$50

B12 + B-complex + glutathione + taurine

Slim Booster \$35

B-12 + MIC

May aid in the breakdown of body fat by acting on lipid metabolism and synthesis pathways.

Double Slim Booster \$50

Double B-12 + Double MIC

Ultra Slim Booster \$65

Double B12 + MIC + carnitine + B1 + B5

Contains a mixture of compounds that may aid in the reduction of adipose tissue (fat).

Sulfa-free slim \$45

B12 + B6 + carnitine

IMMUNE BOOSTERS:

Immune \$35

Homeopathic Engystol formula to help the immune system particularly in the early stages of colds & flu-like illnesses..

Super Immune \$55

B12 + Engystol + vitamin D

MOOD & NERVOUS SYSTEM:

Mood Booster \$35

B-12 + B6

Hormone Helper \$55

B12 + B6 + magnesium + MIC

Peaceful Mind \$55

B12 + B6 + magnesium + taurine

Zen Out \$75

Double B12 + B-complex + double B5 + B6 + taurine

2 injections

Unwind - \$35

A homeopathic combination for the treatment of nervous disorders, such as restlessness and sleep disorders, mild depressive states, and mental exhaustion.

WELLNESS & AGING:

Ageless Antioxidant \$45

B12 + B-complex + glutathione

Super Antioxidant \$65

B12 + B-complex + glutathione + alpha lipoic acid

2 injections

Brain Booster \$55

B-12 + B-complex + B5 + taurine

GLOW Skin & Hair Booster \$65

B-12 + B-complex + biotin + double glutathione

Vitality Booster \$95

Double B12 + B-complex + B1 + B5 + glutathione + MIC + carnitine + magnesium

2 injections