



## WELLNESS SERVICES

### WELLNESS SERVICES

Vitamin injections help fill gaps in nutritional deficiencies as well as help support bodily functions and overall wellness. Hormone optimization manages symptoms of aging. Vitamin injections and bio-identical hormone replacement help you look and feel good, as well as remain healthy. Often our poor diets, hectic lifestyles, multitude of stressors and the aging process can lead to feeling run down, fatigued, anxious, gaining weight and generally blah. Optimizing vitamin & mineral deficiencies while also addressing hormone levels helps the body run more efficiently and prevent chronic disease development.

#### **Vitamin B12**

B12 is a vitamin our body loves! It can help with energy, combat depression feelings, improve sleep, boost your immune system, and may enhance metabolism.

**\$25 | SINGLE INJECTION**

**\$120 | SERIES OF 6**

#### **MIC B12 Metabolism Enhancer**

MIC stands for 3 amino acids of Methionine, Inositol, Choline, and B12- a fatigue combating vitamin, are combined in this injection. They can help with the breakdown of fats by your liver, maintain lean muscle mass, can help with energy, may improve metabolism, and help with mental clarity.

**\$40 | SINGLE INJECTION**

**\$180 | SERIES OF 6**

#### **NAD+ Anti-Aging Shot**

As we age, the levels of NAD+ in our bodies naturally decrease, leading to various age-related health issues. Our NAD+ injections here at Bloom are designed to replenish your body's NAD+ levels, offering numerous potential benefits such as: boosted energy levels & improved vitality, maintenance of optimal brain health leading to improved mental clarity, focus, & cognitive function, as well as helping to repair damaged cells and combat oxidative stress. NAD+ injections have demonstrated the ability to slow down the aging process and promote healthier, younger-looking skin.

**\$40 | SINGLE INJECTION**

**\$180 | SERIES OF 6**

#### **Performance Enhancement Shot**

Performance Enhancement Vitamin Shot. Methylcobalamin, Taurine, and L-Arginine are important vitamins that help regulate energy levels in our bodies. Benefits may include: improved energy, enhanced metabolism of fats and carbs, improved cognitive function, less fatigue, promotion of healthy brain function, protection from free radicals and oxidative stress, possibly improve blood flow systemically, regulation of hormones, improve muscle recovery, and boosted immune system wellness.

**\$40 | SINGLE INJECTION**

**\$180 | SERIES OF 6**

### **Bio-Identical Hormone Replacement**

**\$225 | CUSTOMIZED HORMONE WELLNESS TREATMENT PLAN**

\*One time fee. Labs and prescription medication prices vary. \$200 pellet insertion fee.

Meet with our Nurse Practitioner for an intimate consultation to explore what you are currently experiencing and are concerned with. A follow-up appointment 1 week later will be made where a customized hormone optimization plan will be created based upon your lab work, symptoms you're experiencing, and medical history. Counseling on various types, routes, & doses of hormone replacement therapy tailored to meet your goals safely.

**\$125 | MONTHLY HORMONE WELLNESS PROGRAM**

\*Billed monthly, 6 month minimum.

Upon enrolling in our Hormone Wellness program you will have a monthly office visit for a MICB12 Injection, InBody composition scan and check-in. Additionally, concierge wellness services with personalized optimized health & wellness support to meet your needs, additional unlimited office or Telehealth visits as needed, as well as prescription and side effect management support. Lab monitoring can be conducted in office for an additional fee.

\*Labs and prescription medication prices vary. \$200 pellet insertion fee.

