

Scientific Studies

Myers' Nutrient Therapy

**“A modified
Myers' formula of
intravenous
nutrient therapy
was safe and
effective in
reducing
symptoms of
fibromyalgia.”**



Many patients with chronic illness report having tried intravenous nutrient therapy in the form of a Myers' cocktail to help reduce symptoms. Few studies have examined whether or not there is a bona fide benefit to such therapy. Massey (2007) decided to evaluate the effectiveness of a modified Myers' formula of intravenous nutrient therapy on the symptoms of fibromyalgia, which often co-exists with chronic fatigue and multiple chemical sensitivity.

The modified Myers' cocktail consists of magnesium, calcium, B vitamins, and vitamin C in the following proportions (Gaby, 2006):

- Magnesium chloride hexahydrate 20% (magnesium) 2-5 mL
- Calcium gluconate 10% (calcium) 1-3 mL
- Hydroxocobalamin 1,000 mcg/mL (B12) 1 mL Pyridoxine hydrochloride 100mg/mL (B6) 1 mL
- Dexpantenol 250 mg/mL (B5) 1 mL
- B complex 100 (B complex) 1 mL
- Vitamin C 222 mg/mL (C) 4-20 mL

Massey chose subjects who had fibromyalgia for at least 8 years and proved to be therapy resistant, having tried antidepressants, nonsteroidal anti-inflammatory drugs, and exercise without relief.

Seven subjects were given the modified Myers' formula of intravenous nutrient therapy once each week for a total of 8 weeks. The subjects were monitored weekly by measures of pain, fatigue, and activities of daily living. All seven subjects reported improvement in all three measures.

Within two days of receiving the modi-

fied Myer's cocktail, the subjects all reported increased energy, with no side effects. There was an overall 60% reduction of pain and an 80% reduction of fatigue, though the reduction was not lasting.

Massey concluded that the modified Myers' formula of intravenous nutrient therapy was safe and effective in reducing symptoms of fibromyalgia.

Gaby (2006) agrees “the modified “Myers' cocktail,” which consists of magnesium, calcium, B vitamins, and vitamin C, has been found to be effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasm, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease, and other disorders.”

Mother must have been right when she said to eat your vegetables and get a balanced diet! When one is chronically ill, often nutrients are not absorbed or are used faster than they are absorbed. When food won't do it and health is in the balance, maybe a Myers' cocktail is in order.

-LS

References:

Gaby, AR. Intravenous Nutrient Therapy: the "Myers' Cocktail" 2006. Retrieved July 21, 2007 from:

http://www.mcgill.ca/med/centres/centres/knowledge/myers_cocktail.html#The%20Myers%20Cocktail

Massey PB. Reduction of fibromyalgia symptoms through intravenous nutrient therapy: results of a pilot clinical trial. *Altern Ther Health Med.* 2007 May-Jun;13 (3):32-4.