



# Get A Drip

Health & Wellness Clinic Menu

# The Ultimate Journey

Step into a world of extraordinary wellness with the Ultimate Journey at Get A Drip.

This bespoke experience offers a seamless blend of cutting-edge diagnostics, revitalising treatments, and thoughtfully curated aftercare.

## STAGE 2: YOUR WELLNESS ADVENTURE

### VITAMIN BOOST

IV Vitamin Drips

Custom Vitamin D Injection

Additional Vitamin Injections

### POWER-PACKED THERAPIES

NAD+

Ozone Therapy

### COMPRESSION THERAPY

### HEAD-TO-TOE REJUVENATION

Red Light Therapy (PBM)

Hyperbaric Oxygen Therapy

Infrared Sauna

Cryotherapy

## STAGE 1: YOUR PERSONAL WELLNESS PROFILE

Pre-Appointment Consultation

Blood Testing

Nutritional DNA Testing

Gut Testing

Instant Vitamin D Blood Test




# IV Vitamin Drips

Time needed: approx. 45 mins

Personalise your Drip with our IV Drip Extras - why not upgrade the B12 Methylcobalamin to Triple B12 for just £20 extra?

 **Hydration Drip** **£100**  
Sodium Chloride + Bicarbonate + Potassium + Calcium


 **MultiVit Drip** **£125**  
Basic Hydration + B Complex + 2g Vitamin C

 **Energy Drip (Myers Cocktail)** **£150**  
Basic Hydration + B Complex + Amino Acids + B12 Methylcobalamin + Magnesium

 **Immunity Drip** **£150**  
Basic Hydration + B Complex + 2g Vitamin C + Zinc 6mg

 **Detox Drip** **£150**  
Basic Hydration + B Complex + 600mg Glutathione + 2g Vitamin C

 **Alpha-Lipoic Acid Drip** **£175**  
Saline (Sodium Chloride) + Alpha-Lipoic Acid (300mg first dose then 600mg thereafter)

 **Calm Drip** **£200**  
Basic Hydration + B Complex + Glycine 1g + Magnesium + Taurine 1g + Tryptophan 150mg + Choline Citrate 320mg

 **Double Detox Drip** **£200**  
Basic Hydration + B Complex + 1,200mg Glutathione + 2g Vitamin C

 **Anti-Ageing Drip** **£225**  
Basic Hydration + B Complex + 1,200mg Glutathione + Amino Acids

 **Fitness Drip** **£225**  
Basic Hydration + B Complex + L-Carnitine 1g + Glutamine 1g

 **Hair Health Drip** **£225**  
Basic Hydration + B Complex + Amino Acids + Methionine 750mg + Zinc 6mg + B12 Methylcobalamin


 **High Dose Vitamin C Drip**

Basic Hydration + 6.25g Vitamin C	<b>£125</b>
Basic Hydration + 12.5g Vitamin C	<b>£150</b>
Basic Hydration + 25g Vitamin C	<b>£225</b>


## Premium IV Drips

Time needed: approx. 60 mins

 **Signature Drip** **£450**  
**IV Drip:** Basic Hydration + B Complex + Amino Acids + Triple B12 + Zinc 6mg + Selenium 50mcg + Glutathione 1.2g + Magnesium 1g  
**Injections:** Vitamin D 30,000IU + CoQ10 25mg

 **Limitless Drip** **£850**  
**IV Drip:** Basic Hydration + B Complex + Amino Acids + Triple B12 + Zinc 6mg + L-Carnitine 1g + Taurine 1g + Methionine 750mg + Glutathione 2.4g + Vitamin C 6.25g + Magnesium 1g  
**Injections:** Vitamin D 30,000IU + CoQ10 50mg

## NAD+

 NAD+ Injection (SC) 60mg	<b>£100</b>
NAD+ Drip (IV) 250mg	<b>£250</b>
NAD+ Drip (IV) 500mg	<b>£400</b>

## Express IV Drips

Time needed: approx. 20 mins

Save £10 and save some time by having your Drip in a 250ml Saline Drip bag!

Excluding Vitamin C 12.5g, Vitamin C 25g, Skin Health Level 2, NAD+, Alpha-Lipoic Acid & Premium Drips

## IV Drip Extras

from **£25**

Vitamin B Complex B1 (100mg), B2 (25mg), B3 (200mg), B6 (50mg)	<b>£35</b>
Vitamin B12 Methylcobalamin (5mg)	<b>£40</b>
Triple Vitamin B12 Methylcobalamin (2mg), Adenosylcobalamin (2mg), and Hydroxycobalamin (1mg)	<b>£60</b>
Vitamin C (500mg)	<b>£30</b>
Glutathione	
600mg	<b>£70</b>
1.2g	<b>£100</b>
2.4g	<b>£150</b>
Magnesium (1g)	<b>£40</b>
Zinc (6mg)	<b>£40</b>
Selenium (50mcg)	<b>£60</b>
Amino Acids L-Lysine, L-Proline, L-Arginine, Leucine, Isoleucine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, Alanine, Histidine, Serine, Glycine, Aspartic acid, Glutamic acid and Tyrosine, NAC	<b>£60</b>
Methionine (750mg)	<b>£80</b>
Glutamine (1g)	<b>£90</b>
Taurine (1g)	<b>£75</b>
L-Carnitine (1g)	<b>£90</b>
Slim Shot	<b>£60</b>
Pain Relief	<b>£25</b>
Anti Nausea	<b>£25</b>
Biotin	<b>£50</b>

# Vitamin Injections

from £30

Time needed: approx. 10 mins



## Vitamin B12 Energy

Hydroxycobalamin 1mg	£30
Methylcobalamin 5mg	£40
Triple B12 (Methylcobalamin 2mg + Adenosylcobalamin 2mg + Hydroxycobalamin 1mg)	£60



## Vitamin B Complex

B1 (10mg), B2 (5.1mg), B3 (40mg), B5 (6mg), B6 (4mg)	£35
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## Biotin

Vitamin B7 (5mg)	£50
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## Glutathione Detox

150mg	£40
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## Vitamin D

Vitamin D2 30,000IU	£40
Vitamin D3 30,000IU*	£50

\*Suitable for vegetarians, not vegans



## CoQ10 Recovery

25mg	£50
50mg	£70
75mg	£80
100mg	£85



## Slim Shot

B1, B2, B3, B5, B6, Vit C, Methionine, L-Carnitine Leucine, Inositol	£60
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## Skin Health Courses

### Skin Health Drip Level 1 £225

Basic Hydration + 6.25g Vitamin C + 1.2g Glutathione

### Skin Health Drip Level 2 £300

Basic Hydration + 12.5g Vitamin C + 2.4g Glutathione

For best results we recommend following a course of Drips (one Drip per week) as follows:

1. Level 1 x 4 Drips	£850
2. Level 1 x 8 Drips	£1,700

# Ozone Therapy

from £300

Time needed: approx. 30-120 mins

Ozone Therapy is a widely used and safe, non-toxic therapy that acts at various levels of the organism to stimulate the body's own immunity and directly target viruses, bacteria and pathogens, therefore helping to restore balance.

A 'Pass' refers to how many times your blood will go through the Ozone machine and back into your body over the course of a single treatment session.

### 3 Pass Ozone Therapy

1 Treatment	£300
5 Treatment Course	£1,000
10 Treatment Course	£1,500

### 5 Pass Ozone Therapy

1 Treatment	£500
5 Treatment Course	£1,500
10 Treatment Course	£2,500

### 10 Pass Ozone Therapy

1 Treatment	£750
5 Treatment Course	£2,250
10 Treatment Course	£4,000

# Cryotherapy

from £40

Time needed: approx. 15 mins

Cryotherapy, sometimes known as cold therapy, is the use of low temperatures in medical therapy. It is a fast and healthy process that accelerates the body's natural recovery while improving overall well-being and energising the body.

Cryotherapy is a dry, non-invasive process that lowers a person's skin temperature during a session of up to 180 seconds.

Intro Single Session (first time only)	£40
Single Session	£70
10 x Sessions	£600
Monthly Unlimited Membership	£600

# Infrared Sauna

from £50

Time needed: approx. 30-50 mins

While traditional saunas raise the air temperature inside, Infrared Saunas use infrared light to heat the body directly.

Inside the sauna your heart rate increases, leading to an increase in blood circulation and sweating, as if you have been exercising. It can aid weight loss and improve energy, as well as helping to reduce stress and high blood pressure.

## 25 Minute Sessions

1 Session £50

5 Sessions £225

10 Sessions £400

Couples Single Session £75

(1 x 25 Minute Session for 2 People)

## 45 Minute Sessions

1 Session £75

5 Sessions £340

10 Sessions £670

Couples Single Session £110

(1 x 45 Minute Session for 2 People)

# Compression Therapy

from £10

Time needed: approx. 25-45 mins

Compression Therapy improves blood circulation and the flow of lymphatic fluid, as well as enhancing recovery. Normatec 3 Legs is the leader in rapid recovery - their restorative massage allows you to warm up quickly and leaves you feeling completely revitalised.

## 20 Minute Sessions

Intro Session (first time only) £10

1 Session £25

5 Sessions £110

10 Sessions £190

## 40 Minute Sessions

1 Session £50

5 Sessions £220

10 Sessions £380

# Hyperbaric Oxygen Therapy

from £55

Time needed: approx. 40-70 mins

Hyperbaric Oxygen Therapy (HBOT) is a medical treatment that involves breathing pure oxygen in a pressurised environment. The pressure in the chamber is higher than atmospheric pressure, which allows the body to absorb a higher amount of oxygen. This increased oxygen concentration in the blood and tissues is believed to promote healing and provide various therapeutic benefits.

HBOT has a range of benefits, including: accelerated recovery, reduction of pain and inflammation, assisting with mental clarity and enhancing energy levels.

## 30 Minute Intro Session

1 Session £55

## 60 Minute Sessions

1 Session £70

5 Sessions £320

10 Sessions £575

20 Sessions £1,150

40 Sessions £1,780

# Red Light Therapy

from £55

Time needed: approx. 30 mins

Red Light Therapy (also known by its scientific name, 'photobiomodulation' or PBM) is a therapeutic, non-invasive treatment that uses low wavelength red light that exposes you to low levels of red and near-infrared light.

Our Red Light Therapy bed offers full body exposure that can aid you from the inside-out! With more effective production of ATP energy, our cells experience a more rapid turnover rate which can aid in the appearance of acne, age spots and facial texture. Each session lasts 22 minutes.

1 x Session £55

5 x Sessions £220

10 x Sessions £410

20 x Sessions £715

# Blood Testing

Quick and effective blood tests which can identify deficiencies and other health indicators that need treating. Results are reviewed by one of our GMC registered Doctors and sent to you via email along with our recommendations – depending on which test you opt for, this may take between 3 to 10 working days. Most of our Blood Tests even include a free retest after 6 months!

## Vitamin B12 & Vitamin D Check (2 biomarkers) £150

Vitamin B12, Vitamin D

## Essential Iron Check (19 biomarkers) £150

**Iron Profile:** Iron, Ferritin, TIBC, Transferrin Saturation

**Full Blood Count:** Haemoglobin, Haematocrit, Mean Cell Haemoglobin, MCHC, Mean Cell Volume, Red Blood Cells, Red Cell Distribution, Basophils, Eosinophils, Lymphocytes, Monocytes, Neutrophils, White Blood Cells, Platelets, MPV

## G6PD Deficiency Check\* (16 biomarkers) £150

**G6PD** (Glucose-6-Phosphate Dehydrogenase)

**Full Blood Count:** Haemoglobin, Haematocrit, Mean Cell Haemoglobin, MCHC, Mean Cell Volume, Red Blood Cells, Red Cell Distribution, Basophils, Eosinophils, Lymphocytes, Monocytes, Neutrophils, White Blood Cells, Platelets, MPV

## Male Wellness Check (5 biomarkers) £200

Albumin, Testosterone, Sex Hormone Binding Globulin (SHBG), Follicle stimulating hormone (FSH), Luteinising hormone (LH)

## Female Wellness Check (10 biomarkers) £200

**Thyroid Function:** Thyroid stimulating hormone (TSH), Free thyroxine (FT4), Free triiodothyronine (FT3)

**Sex Hormones:** Testosterone, Sex Hormone Binding Globulin (SHBG), Follicle stimulating hormone (FSH), Luteinising hormone (LH), Prolactin, Oestradiol, Progesterone

## Complete Mineral/Ions Check (8 biomarkers) £200

Iron, Ferritin, Serum folate, Vitamin B12, Magnesium, Vitamin D, Zinc, Selenium

## Sports Performance Check (19 biomarkers) £200

**Heart Health:** Cholesterol

**Inflammation/Injury:** CRP

**Iron Check:** Iron, Serum folate

**Hormones:** Total Testosterone, Sex Hormone Binding Globulin (SHBG)

**Diabetes Check:** HbA1c, Glucose

**Liver Function:** Alanine Aminotransferase (ALT), Aspartate-Aminotransferase (AST), Gamma-Glutamyl Transferase (GGT), Albumin

**Thyroid Function:** Thyroid stimulating hormone (TSH), Free thyroxine (FT4), Free triiodothyronine (FT3)

**Kidney Function:** Estimated glomerular filtration rate (eGFR), Urea, Creatinine, Sodium

\* does not include free retest

## General Healthcheck (46 biomarkers) £200

**Diabetes Check:** HbA1c, Glucose

**Kidney Function:** Estimated glomerular filtration rate (eGFR), Creatinine, Urea, Sodium, Magnesium

**Bone Health:** Uric Acid, Vitamin D

**Inflammation Marker:** C-Reactive Protein (CRP)

**Iron Profile:** Iron, Ferritin, Transferrin Saturation, Total iron-binding capacity (TIBC)

**Heart Health:** Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, HDL:Cholesterol Ratio, Triglycerides, Triglycerides:HDL Ratio

**Liver Function:** Alanine Aminotransferase (ALT), Aspartate-Aminotransferase (AST), Gamma-Glutamyl Transferase (GGT), Total Protein, Total Bilirubin, Alkaline Phosphatase (ALP), Albumin, Globulin

**Full Blood Count:** Haemoglobin, Haematocrit, Mean Cell Haemoglobin, MCHC, Mean Cell Volume, Red Blood Cells, Red Cell Distribution, Basophils, Eosinophils, Lymphocytes, Monocytes, Neutrophils, White Blood Cells, Platelets, MPV

**Nutrition:** Vitamin B12, Folate

## Complete Vitamin Check\* (7 biomarkers) £450

Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Vitamin D, Vitamin E

## Complete Blood Analysis\* (66 biomarkers) £550

**Diabetes Check:** HbA1c, Glucose

**Kidney Function:** Estimated glomerular filtration rate (eGFR), Urea, Creatinine, Sodium, Magnesium

**Bone Health:** Uric Acid

**Inflammation Marker:** C-Reactive Protein (CRP), Creatine Kinase, Albumin

**Iron Profile:** Iron, Ferritin, Transferrin Saturation, Total iron-binding capacity (TIBC)

**Cholesterol Profile:** Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol, HDL:Cholesterol Ratio, Triglycerides, Triglycerides:HDL Ratio

**Sex Hormones:** Testosterone, Sex Hormone Binding Globulin (SHBG), Follicle stimulating hormone (FSH), Luteinising hormone (LH), Prolactin, Oestradiol, Progesterone

**Full Blood Count:** Haemoglobin, Haematocrit, Mean Cell Haemoglobin, MCHC, Mean Cell Volume, Red Blood Cells, Red Cell Distribution, Basophils, Eosinophils, Lymphocytes, Monocytes, Neutrophils, White Blood Cells, Platelets, MPV

**Liver Function:** Alanine Aminotransferase (ALT), Aspartate-Aminotransferase (AST), Gamma-Glutamyl Transferase (GGT), Total Protein, Total Bilirubin, Alkaline Phosphatase (ALP), Albumin, Globulin

**Thyroid Function:** Thyroid stimulating hormone (TSH), Free thyroxine (FT4), Free triiodothyronine (FT3)

**Vitamins and Minerals:** Zinc, Selenium, Vitamin A, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B6, Serum Folate, Vitamin B12

**G6PD** (Glucose-6-Phosphate Dehydrogenase)

# Diagnostic Testing

## DNA Testing

Having a DNA test is the best way to find out exactly how your body responds to and metabolises certain nutrients.

More effective than a blood test, it will help to identify your personal micronutrient requirements. We can then create a bespoke Drip based on your body's own unique nutritional needs.



1. Choose the test



2. Take 1 min swab



3. Receive detailed report



4. 30 min consultation with registered doctor



5. Book bespoke Drip

### Silver DNA Test

£400

Genes are tested that relate to the following nutrients: B2, B3, B6 & Vit C, L-Carnitine, Glutamine, Vitamin D, CoQ10, Alpha Lipoic Acid, Magnesium, B12 Hydroxycobalamin. Includes a free 30 minute consultation with a GMC Registered Doctor to talk through your results, questions and unique recommendations.

### Gold DNA Test

£650

Genes are tested that relate to the following nutrients: B2, B3, B6 & Vit C, L-Carnitine, Glutamine, Vitamin D, CoQ10, Alpha Lipoic Acid, Magnesium, B12 Hydroxycobalamin, B12 Methylcobalamin, Taurine, Glutathione, Amino Acids, Methionine, Zinc, Selenium. Includes a free 30 minute consultation with a GMC Registered Doctor to talk through your results, questions and unique recommendations.

### Instant Vitamin D Test

£40

Vitamin D deficiency is common in the UK and can go undetected. Get tested in our clinics now with an easy and accurate finger-prick blood test, with results and a personalised treatment plan in just 15 minutes.

### Gut Test

£200

Learn about your microbiome health with our in-depth results and expert analysis. Understand how diet affects gut bacteria, learn how to optimise your microbiome vitamin synthesis, and get a dietary fibre, lactose and gluten metabolism breakdown with personalised food recommendations. Also includes a pro-biotic and beneficial bacteria report. Includes a free 30 minute consultation with our in-house Registered Nutritional Therapist.

# Nutritional Therapist

Our in-house Registered Nutritional Therapist, Michael Stewart, is an expert in working one on one with clients to improve troublesome digestive symptoms.

Whether your life is being made miserable by IBS, gastritis or celiac disease, diarrhoea, constipation or both, bloating and gas, abdominal pain and acid reflux, food sensitivities and brain fog – our Nutritional Therapist is here to help.

Working together, Michael's job is to empower you with the knowledge to fully understand your symptoms and achieve your goals, all without having to sacrifice working, socialising or eating well.

To enquire, email [mike@getadrip.com](mailto:mike@getadrip.com)



The first step on your health journey is to organise a quick chat.



If you have purchased one of our Microbiome Test kits, as soon as the results are back we will organise a call to discuss what has been found, identify your individual health goals and what the best course of action may be.



If you have arrived here by some other route, we will first book a free, no obligation Introduction Call, by phone or by video, so we can discuss your health concerns and goals, and how working together may help you achieve them.

## Available in clinic and online at [getadrip.shop](https://getadrip.shop)

### Gift Vouchers

Give the gift of wellness! Our Gift Vouchers make thoughtful and convenient presents that promote health and vitality.

### CBD Range

We offer high strength pure isolate CBD Patches in both 24mg and 50mg dosages. We also offer a soothing CBD Cream, suitable for aching joints and muscles.

### BiOptimizers

Quality Health and Fitness Oral Supplements for optimal well-being and performance.

## About

Get A Drip has been operating its clinics since 2017, offering a comprehensive suite of cutting-edge health and wellness services to our clients. We began by offering Vitamin Drips & Injections, and have since expanded our offering to include Cryotherapy, Red Light Therapy (PBM), Compression Therapy, Ozone Therapy, Hyperbaric Oxygen Therapy and Infrared Sauna. We also offer a suite of diagnostics, including Nutritional DNA Testing, Gut Testing and a full range of Blood Testing.

All of our medical staff are registered with the relevant regulatory bodies of the country. Get A Drip services are subject to availability, medical questionnaire and medical check-up. We reserve the right to change the ingredients, processes and products of all our services. Our menu is subject to change at any time.

## Home & Office Visits

Get A Drip in the comfort of your home, office or hotel room. We'll come to you! Visit [getadrip.com/callout](https://getadrip.com/callout) to book.

For more information on call out fees and T&C's, please visit [getadrip.com/callout](https://getadrip.com/callout).

## Franchise Opportunities

To find out more about Franchising Opportunities with Get A Drip, please email [franchise@getadrip.com](mailto:franchise@getadrip.com) or visit our website, [getadrip.com/franchise](https://getadrip.com/franchise).

## Get A Drip Pharmacy

Say hello to Get A Drip Pharma - quality IVNT products at competitive prices. For more info, please email [enquiries@gadpharma.com](mailto:enquiries@gadpharma.com) or visit our website, [gadpharma.com](https://gadpharma.com).

## Contact us

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