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# Drip Drip –

The New Trend of Intravenous Supplementation

26th–28th March • GRIMALDI FORUM, MONACO

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[www.frauenarzt-rotmann-frankfurt.de](http://www.frauenarzt-rotmann-frankfurt.de)  
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# INTRODUCTION

Venous nutrient therapy (“IV Drip Therapy”) has gained increasing popularity in integrative and aesthetic medicine. The direct administration of vitamins, minerals and bioactive substances into the bloodstream bypasses the gastrointestinal tract and enables rapid systemic availability.

Originally used in clinical medicine for severe deficiencies, dehydration or impaired nutrient absorption, IV therapies are now increasingly used in preventive medicine, anti-aging and longevity concepts.

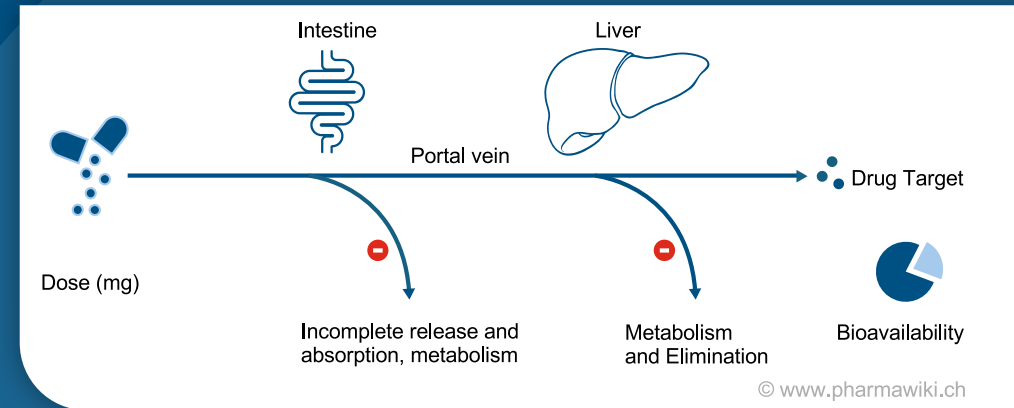
This poster reviews potential benefits, mechanisms and limitations of IV nutrient therapy compared to oral supplementation.



# MECHANISM OF IV NUTRIENT THERAPY

## Advantages of intravenous administration

- Direct entry into systemic circulation
- Avoidance of gastrointestinal degradation
- Bypassing first-pass metabolism in the liver
- Rapid onset of action
- Precise dosage control



Oral supplements must first pass the digestive tract and liver, which can reduce the bioavailability of many substances. Furthermore, side effects may arise as a result of hepatic metabolism.

### **First-Pass Effect.**

Herman TF, Santos C.  
2023 Nov 3. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-.  
PMID: 31869143 Free Books & Documents.

# EXAMPLE: VITAMIN C – ORAL VS INTRAVENOUS

**Vitamin C illustrates the pharmacokinetic differences between oral and intravenous supplementation.**

- Oral intake saturates intestinal transporters
- Plasma concentration increases only up to approx. 500 mg oral intake
- Higher doses are excreted

Intravenous administration allows **100% bioavailability** and significantly higher plasma concentrations.

Typical physiological plasma levels in healthy Europeans range between **60–90  $\mu\text{mol/L}$** .

# THERAPEUTIC FIELDS OF IV NUTRIENT THERAPY

IV therapies are used in various medical and integrative settings.

## Immune support

- Vitamin C infusions
- Glutathione
- Vitamin B complex

## Energy and mitochondrial function

- Q10 infusion
- NAD+ therapy
- Vital amino acid infusions



*The Safety and Antiaging Effects of Nicotinamide Mononucleotide in Human Clinical Trials: an Update.*

Song Q, Zhou X, Xu K, Liu S, Zhu X, Yang J.

Adv Nutr. 2023 Nov;14(6):1416-1435. doi: 10.1016/j.advnut.2023.08.008. Epub 2023 Aug 22.



## Anti-aging and longevity

- Resveratrol
- Spermidine
- NAD+
- Positive aesthetic effects for skin, hair and nails health



## Integrative oncology (complementary)

- Curcumin
- Artesunate
- 6-Shogaol

These treatments aim to support metabolic processes, reduce oxidative stress and stabilize immune function.

> *Phytomedicine*. 2020 Apr 18;70:153218. doi: 10.1016/j.phymed.2020.153218. Online ahead of print.

**Efficacy and safety of curcumin in combination with paclitaxel in patients with advanced, metastatic breast cancer: A comparative, randomized, double-blind, placebo-controlled clinical trial**

Tatul Saghatelian<sup>1</sup>, Armen Tananyan<sup>2</sup>, Naira Janoyan<sup>2</sup>, Anna Tadevosyan<sup>2</sup>, Hasmik Petrosyan<sup>2</sup>, Araxia Hovhannisyan<sup>2</sup>, Lidia Hayrapetyan<sup>2</sup>, Mikael Arustamyan<sup>2</sup>, Jürgen Arnhold<sup>3</sup>, Andre-Robert Rotmann<sup>4</sup>, Areg Hovhannisyan<sup>5</sup>, Alexander Panossian<sup>6</sup>

# MEDICAL INDICATIONS FOR IV THERAPY

IV nutrient therapy may be useful in situations such as:

- Nutrient deficiencies
- Chronic fatigue and burnout
- Long-COVID associated fatigue
- Chronic inflammatory conditions
- Complementary cancer therapy
- Malabsorption disorders (e.g. Crohn's disease)
- Enhancement of autophagy



# ADVANTAGES AND LIMITATIONS

## Advantages

- Immediate bioavailability
- Rapid therapeutic effect
- Individualized dosing
- Useful in patients with absorption disorders

## Limitations

- Higher cost
- Requires medical supervision
- Possible complications (infection, circulatory reactions)
- Limited evidence for benefits in healthy individuals

Scientific evidence is strongest when treating **documented deficiencies**.

# CURRENT DEBATE

**IV nutrient therapy has become popular in wellness clinics and aesthetic medicine. However, criticism exists:**

- High treatment costs (€100–300 per infusion)
- Marketing influence in the wellness sector
- Lack of strong evidence for preventive use in healthy individuals

Therefore, treatment should always be medically supervised and individualized.

# CONCLUSION

**IV nutrient therapy can be a valuable tool in specific medical situations such as nutrient deficiencies, malabsorption or integrative oncology.**

However, for general health maintenance, oral supplementation and lifestyle measures such as nutrition, exercise and sleep remain fundamental.

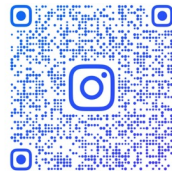
Infusions used in longevity medicine aim to individualized and medically supervised application.

All infusions are exclusively sourced from **[www.rezeptur.de](http://www.rezeptur.de)**

# CONTACT

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