

The Ingredient Guide

Every drip on the Shookra menu, with its composition and volume — formulated by intent and administered by clinicians under physician supervision, after a suitability assessment.

Formulated, not flavored.

Compositions below are indicative of the standard menu formulations; exact ingredients and doses are confirmed by your physician at your consultation, and a formulation may be adjusted to your needs.

Cellular & Longevity

Repair and energy at the cellular level

NAD+ Drip	NAD+ · B-complex · taurine	250 ml	The NAD+ coenzyme by infusion — central to cellular energy and repair.
Cellular Repair NAD+	High-dose NAD+ · antioxidants	500 ml	A higher-dose NAD+ protocol focused on cellular repair.
Wellness Anti-Aging	Glutathione · vitamin C · multivitamin	500 ml	A broad antioxidant and micronutrient infusion for general vitality.
Stem Cell IV	Regenerative · assessed first	250 ml	A physician-assessed regenerative infusion.
Exosome IV	Exosome · regenerative signalling	100 ml	Cell-signalling support by infusion, physician-assessed.

Skin, Hair & Beauty

Support skin and hair from within

Skin Glow	Glutathione · vitamin C · biotin	250 ml	An antioxidant infusion that supports a clearer, brighter complexion.
Skin Brightening	High-dose glutathione · vitamin C	250 ml	Targeted antioxidant support for uneven tone and dullness.
Collagen Support	Vitamin C · amino acids · zinc	250 ml	Nutrient support for skin structure and elasticity.
Skin, Hair & Nails	Biotin · zinc · B-complex	250 ml	Biotin and micronutrients for skin, hair and nail quality.
Anti Hair Loss	Biotin · iron support · B-complex	250 ml	Nutrient support for the scalp and hair where deficiency is a factor.

Energy & Performance

Fuel output, training and recovery

Energy Reboot	B12 · B-complex · amino acids	500 ml	A B-vitamin and amino infusion to lift low energy.
Athlete Recovery	Fluids · amino acids · magnesium	1 L	Rehydration and nutrients to support recovery after training.
Amino Recovery	Amino acids · electrolytes · B-complex	500 ml	Amino acids and electrolytes around training, pre or post workout.
Multivitamin & Blood Boost	Multivitamin · iron support · B12	500 ml	A broad multivitamin infusion with iron and B12 support.
Surgery Recovery	Vitamin C · zinc · amino acids	500 ml	Nutrient and antioxidant support around a procedure, physician-guided.

Immunity & Defense

Strengthen your defenses

Immune Booster	Vitamin C · zinc · selenium	500 ml	A high-dose immune-support infusion.
Immune Defense	Vitamin C · zinc · glutathione	500 ml	Antioxidant and micronutrient support for your defenses.
Hi-C High-Dose Vitamin C	High-dose vitamin C	500 ml	A high-dose vitamin C infusion.
Post-Viral Restoration	Vitamin C · zinc · glutathione	500 ml	Antioxidant and nutrient support while recovering from illness.

Detox & Hydration

Clear, hydrate and reset

Hydration Plus	Fluids · electrolytes · B-complex	1 L	Rapid rehydration with electrolytes and essential nutrients.
Detox	Glutathione · vitamin C · fluids	500 ml	An antioxidant-led infusion to support the body's clearance pathways.
Liver Detox & Renewal	Glutathione · vitamin C · amino acids	500 ml	Antioxidant support oriented to liver health.
Gut Cleanse	Fluids · glutamine · B-complex	500 ml	Hydration and nutrient support oriented to gut health.
Migraine Relief	Fluids · magnesium · B-complex	500 ml	Hydration and magnesium to ease a migraine, suitability assessed.

Vitality & Lifestyle

Hormonal balance, mind and everyday demands

Male Vitality & Hormonal	Amino acids · zinc · B-complex	500 ml	Micronutrient support oriented to male vitality, physician-guided.
Female Vitality & Hormonal	Iron support · B-complex · magnesium	500 ml	Micronutrient support oriented to female vitality, physician-guided.
Anti-Stress & Memory Boost	Magnesium · B-complex · amino acids	500 ml	Magnesium and B-vitamins to support stress resilience and focus.
Cognitive Clarity	B12 · amino acids · magnesium	250 ml	Nutrient support oriented to focus and mental clarity.
Jet Lag	Fluids · B-complex · vitamin C	1 L	Rehydration and nutrients to reset after long-haul travel.
Pre / Post Party	Fluids · B-complex · glutathione	1 L	Rehydration and antioxidants before or after a big night.

Metabolic & Weight

Nutrient support within a medically-guided weight programme

Weight Loss Support	Amino acids · B-complex · carnitine	250 ml	Nutrient support alongside a physician-supervised weight programme.
Fat-Burning Booster Plus	Carnitine · amino acids · B-complex	250 ml	Amino and metabolic support within a medically-guided plan.

What's actually in the bag.

NAD⁺ **NAD⁺**

CELLULAR COENZYME

A coenzyme every cell uses to turn food into energy and run its repair machinery. Levels fall as we age — which is why it sits at the centre of longevity protocols.

GSH **Glutathione**

MASTER ANTIOXIDANT

Often called the body's master antioxidant. It helps neutralise the oxidative stress of daily life and supports the liver's natural detox pathways.

C **Vitamin C**

VITAMIN · ANTIOXIDANT

An antioxidant that supports immune function and is a cofactor your body needs to build collagen — the scaffolding of skin.

B **B-complex**

B-VITAMIN GROUP

The family of B vitamins your body uses to convert food into usable energy and to keep the nervous system running smoothly.

Mg **Magnesium**

ESSENTIAL MINERAL

Involved in hundreds of enzyme reactions — muscle and nerve function, sleep, and a steadier sense of calm.

AA **Amino acids**

PROTEIN BUILDING BLOCKS

The building blocks of protein. The body draws on them to repair muscle and recover after exertion.

Zn **Zinc**

ESSENTIAL MINERAL

A trace mineral central to immune defence and to the skin's own repair processes.

B7 **Biotin**

B-VITAMIN (B7)

A B vitamin that supports the keratin structure of hair, skin and nails.

Not sure which drip fits? Ask us.

Message the clinic on WhatsApp — **+971 50 320 4553** — and a clinician will point you to the right formulation, confirm suitability and book you in.

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