



2024

DR
DR

*Services Menu &
Directory*

Health

- ✓ Concierge medicine memberships
- ✓ Sick visits & acute care procedures
- ✓ Longevity medicine program
- ✓ Testing:
 - Covid, Flu, Strep, & other resp. illnesses.
 - Blood work/laboratory testing
 - Grail cancer screening test
 - TruMe biological age testing

01



02



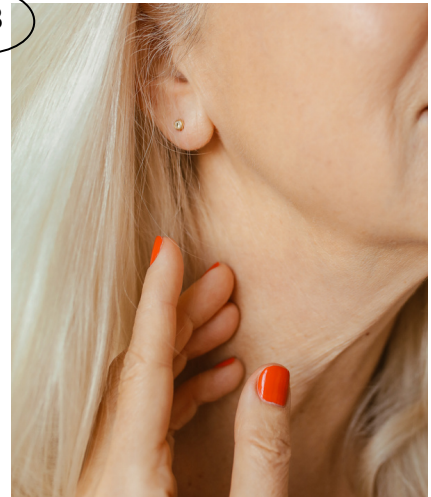
Wellness

- ✓ IV therapy:
 - Customizable hydration treatments:
 - NAD+
 - Vitamin B12 & Vitamin D
- ✓ Wellness shots:
 - Customizable treatments including:
 - NAD+
 - Iron & more!
- ✓ Semaglutide/GLP-1 agonist
- ✓ PRP
- ✓ Supplement shop

Beauty

- ✓ Neuromodulators including Botox & Dysport
- ✓ Chemical peel
- ✓ Microneedling
- ✓ Upneeq
- ✓ EltaMD products
- ✓ Latisse

03



Meet our physicians



DR. HEIDI DEITCH

Practice co-founder and owner, Dr. Heidi Deitch was motivated to start an innovative alternative approach to comprehensive primary care. She left her hospitalist position to focus on molding Doctor Doctor into what it is today!



DR. SEAN DEITCH

Practice co-founder and owner, Dr. Sean Deitch is an Emergency Medicine Physician at Scripps La Jolla. His special interest and emphasis on healthcare is in the longevity health arena, with a focus to improve people's quality of life as well as their health-spans.



DR. PAMELA LAM

Dr. Pamela Lam is an Internal Medicine Hospitalist at Scripps La Jolla. She joined Doctor Doctor to have a high touch and meaningful impact on her patients and their quality of life. She is passionate about lifestyle impacts on personal health.



DR. JAMES HART

Dr. James Hart is an Internal Medicine Hospitalist at Scripps Green. He is passionate about working with patients to meet their health and wellness goals, improving their overall quality of life as well as looking at lifestyle and nutrition.

IV Therapy Menu

Well Water



- Vitamin C
- Vitamin B12
- Vitamin B complex
- Taurine

***Add on glutathione for \$50

Womanizer



- L-Carnitine
- Magnesium
- Calcium
- Taurine

Glow



- Vitamin C
- Biotin
- Glutathione
- Vitamin B complex
- Magnesium

Gladiator



- Amino acids
- Pyridoxine (Vitamin B6)
- Taurine
- Magnesium

***Add on Toradol for \$50

Morning After



- Amino acids
- Pyridoxine (Vitamin B6)
- Taurine
- Magnesium

***Add on Toradol for \$50

Wellness Shot Menu



Skinny Shot

- L-carnitine
-

Busy-B Shot

- Vitamin B12
-

Go for the
Glute

- Glutathione
-

Additional add-ons for custom shots & IVs

- Iron
- Toradol
- Zofran
- NAD+
- Magnesium
- Calcium
- Vitamin B Complex
- Vitamin B12
- Vitamin C
- Pyridoxine (Vitamin B6)
- Biotin
- Vitamin D3
- Pepcid
- Decadron



Chemical Peel

At Doctor Doctor, we use **The Perfect Derma Peel**. The magic ingredients include TCA, Kojic Acid, Retinoic Acid, Salicylic Acid, Phenol, Vitamin C and anti oxidant Glutathione.

A Derma Peel is ideal for someone interested in:

Fading sun spots or acne scars

Luminous & glowing skin, **combating dullness**

This appointment generally takes around 10 minutes, several days of downtime (not out in sun) needed for peeling and redness post procedure

Microneedling

At Doctor Doctor, we use a microneedling device called **The SkinPen®**.

SkinPen® Precision by Crown Aesthetics is the first FDA-cleared device clinically proven to improve the appearance of **wrinkles** of the neck and **facial acne scars** for people aged 22 and above.

This appointment generally takes around 30-45 minutes, we will apply a numbing cream to minimize discomfort throughout the procedure. Downtime is minimal, minor redness lasting ~a day or so.

Every patient is different, but for optimal results we recommend a series of 3 treatments. We will work with you for a customized treatment plan based on your particular skin issue and your goals.



Chemical Peel



Microneedling



Semaglutide



Dosing & pricing structure



***Not all patients are good candidates for Semaglutide, you will require an in-person examination and assessment. Dosing is different for everybody and is determined by provider discretion.

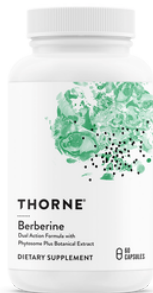


Supplement guide

Supplement

Uses & Dosing

Berberine



Scientifically formulated blend of 8 B-Vitamins Provides immune function support and helps maintain healthy respiratory tract mucus membranes

- *Promotes healthy blood sugar metabolism and insulin sensitivity**
- *Supports beneficial bacterial balance in the gut and helps to maintain a healthy microbiome
- * Studies have shown that Berberine can be effective in helping maintain a healthy weight
- * Supports healthy cholesterol levels

Take 1-2 capsules two times daily with food

Cholest 900



Maintaining an optimal LDL cholesterol level is an important component of maintaining good cardiovascular health.

- * Numerous studies in China and the United States have concluded that preparations of red yeast rice help to maintain blood cholesterol levels already in the normal range.
- * Cholest-900 contains *Monascus purpureus*, a red-pigmented yeast grown on rice. It also contains consistent amounts of the naturally-occurring monacolins found in red yeast rice– without standardization or fortification – along with the phytosterols beta-sitosterol, campesterol, and stigmasterol, as well as isoflavones and trace minerals, all of which can contribute to good cardiovascular health

Curcumin with Turmeric



Promotes cellular energy production
Supports an optimally functioning nervous system and healthy nerve cells
B vitamins promote the conversion of carbohydrates into energy and the metabolism of fats and proteins
Promotes healthy red blood cell formation

Dosing: Take 1 capsule daily



Supplement guide

Supplement

Uses & Dosing

Adapto B-Complex



Scientifically formulated blend of 8 B-Vitamins with adaptogenic Rhodiola and Hawthorne Berries

Contains highly absorbable forms of B vitamins for optimal benefit.

Supports mental and physical energy and stamina*
Promotes cognitive function*
Supports healthy mood and stress response*

Dosing: Take 1 capsule, 1-2 times daily.

Vitamin B12



B12 that is essential for processes involved in **cardiac function, sleep, blood cell formation, and nerve function.**

* Thorne's Methylcobalamin provides vitamin B12 in its already biologically active and tissue-ready form.

* Clinical evidence indicates that the body uses methylcobalamin more efficiently than cyanocobalamin.

* Methylcobalamin helps maintain normal circadian rhythms to promote normal sleep and supports healthy methylation processes in the body.

* Methylcobalamin is essential for the body to recycle homocysteine and to form the internal methyl donors involved in cardiovascular function, sleep, blood cell formation, and nerve function

Dosing: Take 1 capsule one to three times daily

Basic B complex



Promotes cellular energy production

- * Supports an optimally functioning nervous system and healthy nerve cells
- * B vitamins promote the conversion of carbohydrates into energy and the metabolism of fats and proteins
 - * Promotes healthy red blood cell formation
 - * Isn't derived from yeast, unlike many B vitamin supplements on the market

Dosing: Take 1 capsule daily



Supplement guide

Supplement

Uses & Dosing

Liposomal Apigenin



Codeage Liposomal Apigenin supplement delivers 50 mg of apigenin extract per capsule, sourced from chamomile.

Apigenin belongs to the flavonoid family, a group of polyphenols that can be found in fruits, vegetables, herbs, or plants.

Dosing: take 1 capsule daily with 8 ounces of water or your favorite beverage. May be taken with or without food.

Liquid B12



More potent than some brands with 2.5 mg of B12 per serving Provides two active forms of B12 so the body can use them right away Ideal for absorption, even by those with MTHFR gene mutation.

Promotes a healthy brain and nervous system.

Supports healthy red blood cell production
Promotes energy production and healthy metabolic function.

Dosing: take approximately 1 dropperful (1mL) and hold under tongue for 20 seconds, then swallow. Take 1 - 2 times daily. One serving is approx 24-26 drops.

Liquid Zinc



Supports immune system health
Essential mineral the body needs for overall health
Powerful antioxidant that may reduce DNA damage

Dosing: take approximately 2 dropperfuls (2mL) then swallow. Take 1 - 2 times daily. One serving is approx 52-56 drops.



Supplement guide

Supplement

Uses & Dosing

Micro C



Micro-C® is a special blend of buffered vitamin C that's gentler on the stomach than traditional forms of vitamin C.

* Our unique formula is enhanced with Rose Hips, Grape Seed Extract, Rutin, and Acerola Fruit Extract. Vitamin C is an antioxidant that supports a healthy immune system, cardiovascular system and skin health.

* Buffered, lower-acid form that's easy on the digestive tract

* Powerful antioxidant that may help protect cells from free radical damage

* Promotes immune, respiratory and cardiovascular health

* Promotes skin health by supporting collagen production

Dosing: take 1 capsule or more, 1 to 2 times daily.

Magnesium Glycinate



Better absorbed than the oxide form of magnesium
Easy on the digestive tract Promotes bone, joint and muscle health

* Promotes relaxation and sleep

* Supports cardiovascular health

Dosing: take 2 capsules daily.

MSM with Silica and Calcium



The health of our joints can make a big impact on our quality of life. Vimergy MSM with Silica + Calcium is a unique formulation designed to support your joint health, and the health of your hair, skin, and nails. Each capsule contains 780mg of pure MSM, plus 25mg of silica from bamboo stem extract and 25mg of calcium from Atlantic algae.

Dosing: take 1 capsule, 1-2 times daily.



Supplement guide

Supplement

Uses & Dosing

Multivitamin



Provides vitamins A, B, C, D and E in highly bioavailable form.
Vegetarian.

Dosing: take 1 capsule daily, with a meal.

Omega-3 with CoQ10



Promotes cardiovascular health – supports healthy blood vessel function and blood flow, helps maintain already normal levels of cholesterol and triglycerides* Enhances cellular energy production* Helps protect against oxidative stress* Supports a healthy inflammatory response* Helps maintain healthy brain function* Promotes healthy kidney function - supports vascular tissues and blood flow, protects against oxidative stress, and helps maintain a healthy inflammatory response Highest quality, purest fish oil available from sustainably sourced cold-water fish Molecular distillation removes contaminants, including PCBs and heavy metals CoQ10 with fish oil to benefit absorption

Dosing: take 1 gelcap two to three times daily

Advanced DHA



A formula high in DHA for optimal brain and nerve support

Cognitive support for the aging brain.
Contains DHA with EPA to benefit brain and nerve health, cognitive function, positive mood, eye health, and healthy heart and blood vessels.

Dosing: take 2 gelcaps daily



Supplement guide

Supplement

Uses & Dosing

Multivitamin



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