

# B12 Intramuscular Injections

## What is Vitamin B12

- Vitamin B12 is typically used to treat the deficiency of this vitamin, most commonly to treat the pernicious anemia due to the lack of the intrinsic factor in the stomach that allows the absorption of B12.
- Vitamin B12 helps your body use fat and carbohydrates for energy and make new protein. It is also important for normal blood, cells, and nerves.
- Most people get enough vitamin B12 in their diet, but a deficiency may occur in certain health conditions such as poor nutrition, stomach/intestinal problems, infection, cancer.
- The primary source of B12 in our diet is the red meat and therefore vegetarians and vegans have high susceptibility for B12 deficiency.
- Vitamin B12 deficiency can also lead to stomach problems as well as abnormal neurologic and psychiatric symptoms including ataxia (shaky movements and unsteady gait), muscle weakness, spasticity, incontinence, hypotension, vision problems, dementia, psychoses, and mood disturbances.

## B12 Injections

- Hydroxycobalamin is a unique pharmaceutical grade of vitamin B12, which is more readily converted into the biologically active form. This agent is given by injection into a muscle or under the skin as directed by your doctor.
- Dosage is based on your medical condition and response to treatment. Injections may be given weekly when you first start treatment. Certain medical conditions (e.g., pernicious anemia) may require you to continue receiving injections every month.

## Good candidate for B12 injections

- Vegetarian/Vegan
- If you are pregnant or planning/trying to get pregnant
- Adrenal Exhaustion
- Celiac
- Diabetic

## How B12 Injections will benefit you

- Fatigue and Stress – Enhanced energy and Stamina as well as improve sleep quality
- Weight management – Increases metabolism help in weight loss
- Low mood and Irritability – Stabilizes mood
- Memory Problem – Enhances mental acuity and memory retention
- Migraine Headaches – Lessens frequency and severity of the migraine episodes
- Asthma and Allergies – Balances and modulates immune system
- IBS/IBD – Better digestion overall
- Numbness/tingling – Resolves nerve pain and reduces unusual body sensations
- Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes