

Vitamin B12 Shots

If you often feel tired, run-down, and lacking in energy, **you are not alone!**

Your body needs Vitamin B12 to:

- Help maintain normal physical, emotional, & mental **energy** levels
- Help **breakdown fats** and carbohydrates properly
- Help ease occasional **stress**
- Promote normal **immune function**
- Promote **memory**, mental clarity and concentration
- Maintain **normal cell growth** and repair
- Assist your **nerves** to function and communicate properly
- Assist in the production of Melatonin, to help **sleep better**
- Help **folic acid** regulate the production of red blood cells
- Help your body to use **iron**
- Support **female reproduction health** and pregnancy

Vitamin B12 shots are known to effectively treat **anemia, fatigue**, some skin diseases, and **obesity**. Other reported benefits include: clearer skin, improved stamina, weight loss, and improved sleep patterns.

Most people over the age of 50 have limited ability to absorb Vitamin B12. The older you get the more your digestive system breaks down, losing the ability to release Vitamin B12 from the food you eat.

B12 shots provide a more dramatic result than other forms of vitamin B12 since they are injected directly into the muscle to arrive in the bloodstream in a much shorter time.