



# Vitamin B12

Vitamin B12 is critical to your health! It plays a role in the making of DNA while also serving to keep nerve cells and red blood cells healthy. It is used in the body by binding itself to proteins in food. It can only be released by the acid in the stomach called pepsin.



## Natural Sources of Vitamin B12

It is easy to receive the RDA (Recommended Dietary Allowance) for B12. It is suggested to be only 2.4 mcg/day. **Some natural sources of Vitamin B12 are meat, fish, dairy products, and eggs.**

### How much Vitamin B12 do you need?

If your body is not absorbing this critical component correctly, you may benefit from up to 3-5 mg taken orally, in supplement form, per week.

No upper limit has been established as higher doses have been deemed safe.

## Over 67% of Americans are low in Vitamin B12

You may have a Vitamin B12 Deficiency if you:

- **Have Poor Acid Levels**
- **Eat a Vegetarian Diet (50% deficient)**
- **Eat a Vegan Diet (80% deficient)**
- **Take medications such as:**
  - Birth Control Pills
  - Steroids
  - Antibiotics
  - Metformin
  - Antacids or Acid Blockers on a regular basis
- **Have one of these risk factors:**
  - Diabetes
  - Autoimmune disorders
  - Celiac disease
  - Crohn's disease
  - Had Stomach Surgery

Low Levels associated with 50 health conditions including:

- |                  |                |                |
|------------------|----------------|----------------|
| • Depression     | • Fatigue      | • Hearing loss |
| • Arthritis      | • Eczema       | • Hair loss    |
| • Vertigo        | • Acne         | • Infertility  |
| • Dementia       | • Anemia       | • Memory loss  |
| • Poor digestion | • Dizziness    | • Jaundice     |
| • Dry skin       | • Chronic pain |                |

When taking an oral supplement of B12, it may take 3-4 weeks before seeing the benefits.

**No Appointment Needed!** Walk-in injections available to patients each day til 4pm



## Vitamin B12 Injection

*Vitamin B12 is critical to your health!*  
It is important in maintaining good energy along with good mental and neurological functions.

Another excellent way to get your body the vitamins it needs is through an injection of B12. It is quick and easy and you should see an improvement of moods and energy within 1-2 days. Depending on how deficient you were in B12, you may feel symptoms returning within 5-8 days. Studies and case reports have found that even those with normal blood levels of B12 benefit from B12 injections.

The key to feeling better and helping your body get this critical vitamin is maintaining a frequent weekly injection program for 1-2 months and then slowly backing down to 1-2x per month.

The methylated B12 form is ordered special for our patients, in a highly concentrated form. 25 mg/cc vs 1mg/cc. This will boost levels and any excess will be in urine since it is water-soluble, it will appear red.

**No Appointment Needed!**

**Walk-in Vitamin B12 injections available**



Other injections available as walk-in appointments:

- Slimming Shot
- Vitamin B12
- Procaine (Anxiety)
- Vitamin B6 (Nausea/Vomiting Pregnancy)

*Note: In order to request a walk-in injection, you must have established care with a Healing Sanctuary provider within the last year.*

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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