

What are the possible benefits?

- Improved energy and stamina
- Improved sleep quality and duration
- Higher metabolism
- Improved mental clarity
- Balanced immune system

How often can I do the injections?

- Vitamin B12 shots are the most effective when taken at regular intervals. We recommend once weekly for 4 weeks, followed by once a month. A regular injection schedule can be individualized.
- The cost is \$20 per treatment and only takes a few minutes.

Facts about Vitamin B12

- Aging means we absorb less Vitamin B12 from food. It is estimated 85% of us come up short of the necessary B12 from our diet.
- Absorption of B12 in food requires a substance from our stomachs called intrinsic factor, the production of which decreases with age. The American College of Physicians assumes that no one has intrinsic factor past age 70.
- People with chronic fatigue or anemia require regular injections of vitamin B12 because the oral form is unreliable.

Side effects and warnings

- Some redness and swelling at the injection site may occur and should begin to clear up within 48 hours.
- Vitamin B12 is safe for most people. However, pregnant or lactating women should speak to their doctor prior to starting a B12 regiment.
- Sensitivity to cobalt and/or Vitamin B12 is a contraindication
- Clients with chronic liver and/or kidney dysfunction, Leber's disease (hereditary eye disease) or abnormal red blood cells (megaloblastic anemia) should not take frequent B12 injections.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent B12 Injections.

Client Signature: _____ **Date:** _____