

Frequently Asked Questions

What is Vitamin B12?

There are 13 essential vitamins that your body requires and Vitamin B12 (cobalamin) is one of them. It is a water soluble vitamin which plays a crucial role in a number of bodily functions:-

- Essential in the composition of DNA
- Required to make red blood cells (which carry oxygen to all parts of the body)
- Vital for the functioning and development of the brain and nerve cells (which is needed for muscle control)

How does Vitamin B12 work?

Once the food is ingested, Vitamin B12 is separated from the food using an intricate process. Vitamin B12 must combine with intrinsic factor (a protein produced in the stomach) to be readily absorbed in the last part of the small intestine (ileum), which then leads onto the large intestine.

Where is it found?

Vitamin B12 is only found in animal products. This includes dairy produce, eggs, fish, poultry, meat and shellfish.

What is the benefit of having a Vitamin B12 injection?

Vitamin B12 can provide an energy boost, which in turn promotes a positive impact on health, vitality and wellbeing.

How often do you need an injection?

Following a comprehensive consultation with the in house Practitioner, the injection regime will be tailored according to the individual's clinical needs and lifestyle.

Where is Vitamin B12 injected?

Vitamin B12 is a single injection that will be administered into the upper part of the arm (deltoid muscle).

Do you need a blood test before having this injection?

No, a blood test is not required before having this Vitamin B12 injection. As Vitamin B12 is a water-soluble vitamin, the body will simply excrete any excess amount out in the urine.

Who is this injection unsuitable for?

- Under 18 years of age
- During pregnancy and whilst breastfeeding
- Patients with kidney disease
- Patients with hypokalaemia (low potassium levels)
- Patients with leber's disease (an eye disease)
- Patients with polycythemiavera (a rare blood disorder)

Introductory Cost

One injection: £30

Course of 5 injections: £120