

# Benefits of Vitamin B12 Injections

The purpose of the Vitamin B12 injections is to **improve energy levels, boost metabolism** and **help burn fat**, some of the key benefits are:

- **Boosts Energy** and **Overall Metabolic Rate**
- **Detoxifies** the body
- **Increases Red Blood Cell Production**
- Maintains a **Healthy Liver**
- Helps **regulate sleep, mood, appetite** and **ENERGY!**

Renowned doctors have conducted important studies with Chronic Fatigue Syndrome (CFS) patients. They gave these patients high doses of B12 injections. The B12 shots dramatically increased ENERGY in 80% of the participants and helped them sleep better. Now, doctors everywhere are administering B12 shots to help their patients have more ENERGY.

## Injection vs. Pill

The **stomach acids** that aid in the natural breakdown of food **also breakdown Vitamin B12 pill supplements**. The body will only absorb a **small amount** of the actual B12 from a pill.

In addition, as you get older your body's ability to absorb B12 through digestion continually decreases. In fact, many adults are unable to absorb B12 into their body at all!

Injections provide a **direct method** of supplying your body with the Vitamin B12.

## Length of time Vitamin B12 lasts in the body

Vitamin B12 is a **water-soluble vitamin**, which means it **easily dissolves in water** and is **NOT stored in the body**.

**All Vitamin B12** in the body is **eliminated through the urine**, typically between **24 and 72 hours** depending on how active a person is and the amount of fluids they take in.

Due to the rapid rate with which the body processes Vitamin B12 frequent supplementation is needed to address deficiencies and gain maximum benefits.

## Sources and Treating Deficiencies

Vitamin B12 is necessary to produce an adequate amount of healthy red blood cells in the bone marrow. Vitamin B12 is available only in animal foods (meat and dairy products) or yeast extracts (such as brewer's yeast). Vitamin B12 deficiency is defined by low levels of stored B12 in the body that can result in anemia, a lower-than-normal number of red blood cells, which leads to soreness, and weakness in the arms and legs.

The body's ability to absorb vitamin B12 is reduced with increasing age. Older people are often detected to have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anemia. Moreover, an intake of vitamin B12 from food sources decreases with an increase in age, probably because of a lack of stomach acid. The conventional way of fixing a vitamin B12 deficiency has been through intramuscular injections. Experiments also reveal that vitamin B12 intramuscular injections are useful healers of neurological disorders such as progressive memory loss and lethargy.

Research findings show ample evidence to reveal that injections of 1 to 2 milligrams per day can quickly correct deficiencies. It is not apparent whether smaller amounts, such as the 25 micrograms or so found in multivitamins, are sufficient to cure deficiencies. Such a claim is substantiated by the fact that although oral supplementation with vitamin B12 is safe, efficient and inexpensive and most multi-vitamin pills contain 100-200 micrograms of the cyanocobalamin form of B12, many multivitamins cannot be chewed, which is important for its absorption.

Routine B12 injections at a dosage of 1 milligram per month also helps to lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes. The injections can also serve therapeutic purposes. A vitamin B12 injection acts as a stimulant for energizing the body, through cobalamin, which transmits its "anti-stress" elements to the human body. For example a recommended effective cure for chronic fatigue syndrome (CFS) is 6 to 7 milligram dose of vitamin B12 intramuscular injection per week for 3 weeks.

## Risks of Mega Dose

According to the **National Institutes of Health** (NIH) and the Institute of Medicine (IOM), the Food and Nutrition Board did not establish a UL for Vitamin B12 because of its **low potential for toxicity**. In Dietary Reference Intakes: Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, **Vitamin B12**, Pantothenic Acid, Biotin, and Choline, the IOM states that "**no adverse effects** have been associated with excess vitamin B12 intake from food and supplements in healthy individuals". Furthermore, the findings from intervention trials support these conclusions. Vitamin B12

supplementation (in combination with folic acid and vitamin B6) did not cause any serious adverse events when administered at doses of 0.4 mg for 40 months and 1.0 mg for 5 years.