



## **B Injections: Pre and Post Care**

### **What are the benefits of B injections?**

Essentially, anyone living in a modern world can benefit from regular B injections. Some of the benefits include:

- Increased energy
- More weight loss
- Better mood and increased concentration
- Better sleep
- Hair growth
- Better metabolism
- Better brain function
- Less symptoms of Depression and anxiety
- Treatment of Pernicious and Megablasic anemia
- Improved nail and hair and skin quality

### **Are B vitamin injections safe?**

- Yes, they are.
- There is a small risk of developing redness at the injection site but it can be minimized by proper use of antiseptic technique at the injection site.
- B vitamins are water-soluble which means that high levels in the blood will be urinated out.
- Rarely people experience nausea, diarrhea, upset stomach, worsening of acne, headache, dizziness, or weakness.
- There is no real risk of developing B vitamin toxicity unless you have any of the following:
  - Low potassium blood levels (hypokalemia), gout, kidney disease, a certain blood disorder (polycythemia vera), a certain eye disease (Leber's disease), other vitamin/mineral deficiencies (especially folic acid and iron).
- Outside of these issues B vitamin injections are very well tolerated.

### **How Often Should You Get an Injection?**

For most people, we recommend receiving a B injection once or twice per week for the first month and thereafter less frequently, as needed.