

Methylcobalamin (Methyl B12) is a unique form of vitamin B12, which is more readily converted into the coenzyme forms than conventional cyanocobalamin.

### **Benefits of B12**

- More energy, mental alertness and stamina for everyday tasks
- Healthier immune systems
- Improves sleep
- Increases metabolism, thereby aiding in weight loss
- Reduces allergies, stress and depression
- Improves mood stabilization
- Lessens frequency and severity of migraines and headaches
- Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes
- Methylcobalamin also readily binds body stores of cyanide.

### **Possible Side Effects and Contraindications of B12**

- A vitamin B12 shot is safe and generally has no side effects, even in higher doses.
- Your pee may be pink/orange for 12-24 hours
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, transitory exanthema (rash), urticaria (hives), feelings of swelling of the whole body.
  - Please call Rachel at 720-441-2101 if you experience these symptoms.

