



OXSHOTT DENTAL
EST 1986

Vitamin B12 (Hydroxocobalamin) Intra-Muscular injection

What is Vitamin B12?

Vitamin B12 is a water-soluble vitamin found in many foods.

It contains the mineral Cobalt. Compounds with Vitamin B12 activity are collectively called "Cobalamins".

Vitamin B12 is important for: Cell growth, brain function, red blood cell formation in addition to DNA synthesis, nerve cell health and energy production. It is a micronutrient of which many people have a deficiency in. The main causes of Vitamin B12 deficiency include:

- Inability to absorb B12 – (Malabsorption)
- A diet deficient in B12 – Commonly those following a vegetarian or vegan diet
- Autoimmune disorders – (Pernicious anaemia)
- Genetic defects
- Medications which hinder the body's ability to use B12

What happens if I don't get enough B12?

Symptoms may include:

- Lack of energy, Feeling tired, lethargic and fatigued
- Soreness of the mouth or tongue including mouth ulcers
- Loss of appetite
- Anaemia
- Nerve problems, tingling in hands and feet
- Poor memory

What are the possible benefits of B12 injections?

Due to our demanding lifestyles and environment, we may need extra support in creating harmony within the body. Vitamin B12 Injections could offer:

- Improved energy and stamina
- Improved sleep quality and duration
- Higher metabolism
- Improved mental clarity and cognitive focus
- Balanced immune system
- Less fatigue
- Help in the prevention of Anaemia

How often can I have Vitamin B12 Injections?

Vitamin B12 injections are most effective when taken at regular intervals. We recommend once fortnightly or once a month. A regular injection schedule can be tailored to suit your specific individual needs.

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How long does the treatment process take?

Following a consultation including a full review of your medical history and suitability to treatment, appointment times are 15 minutes.

What do I need to prepare for the appointment?

The treatment is given as an intra-muscular (IM) injection in the arm. It is therefore advisable to attend your appointment wearing suitable clothing to allow access to the injection site.

How much does treatment cost?

We recommend regular treatment every two weeks or once a month to maintain results.

1 Session: £50

Course of 3: £140

Course of 5: £230

Are there any side effects or contra-indications to treatment?

- Redness and swelling may occur at the injection site and should begin to clear within 48 hours of treatment.
- There is a risk of bruising at the injection site.
- If you are pregnant or breastfeeding, you should speak to your doctor prior to undertaking treatment.
- Patients with chronic liver and /or kidney dysfunction, Leber's disease (hereditary eye disease) or abnormal red blood cells (megaloblastic anaemia) should not take frequent B12 injections including those with a sensitivity to cobalt and/or Vitamin B12.