

You've had your B12 shot ... what now?

- There is no downtime and you may continue as normal after your treatment.
- Avoid touching the area to keep the injection site clean for the rest of the day
- Vitamin B12 is water-soluble. You CANNOT overdose on B12
- Common, mild side effects, which are temporary, could be:
 - Thirst – drink extra water
 - Mild headache – add in high potassium foods (see below)
 - Skin breakouts – treat with diluted tea tree oil or other natural antiseptic
 - Soreness at the injection site
- A high diet high in potassium helps your body to make the best use of B12, so you get optimum benefits. Foods high in potassium include bananas, tomatoes, avocados, sweet potatoes, and coconut water.
- A daily folate (folic acid) of 1000ug also powers up your B12 shot. Foods rich in folate are broccoli, beetroot, leafy green vegetables, and eggs, to name a few
- Magnesium also works great with B12. Try Epsom salt footbaths.
- To feel the benefits of B12 shots can take from 1-5 days
- Common Benefits of B12 are:
 - Better, deeper sleep
 - Waking feeling rested and refreshed
 - Boost in energy levels
 - Improved mood
- For best results: 4 shots over 4-6 weeks followed by monthly or 6-weekly top-ups

NB: If you have a serious B12 deficiency, please get in touch with your GP.