

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, avocado, sweet potatoes, 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, 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 contact your GP.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetic/JE](#) and review your experience. Thank you.