

How You Get Vitamin B12 Deficient

- The older you get the more likely you are to have a vitamin B12 deficiency. Your digestive system breaks down, especially if you follow the typical American diet.
 - *Refined foods sold in grocery stores are depleted of vital nutrients, loaded with sugar, full of chemicals, overloaded with food colorings, and are loaded with preservatives.*
- The use of antacids or anti ulcer drugs will also lower your stomach acid secretion and decrease your ability to absorb vitamin B12.
- Helicobacter pylori (*H. pylori*) can also result in vitamin B12 deficiency.
- Avoidance of meat. Because B12 is found in animal tissues, vegetarians are often deficient in B12.
- The harmful effects of caffeine, pollution, conventional therapies, and stress most of us experience everyday deplete our B12 sources and drain our energy.

Do you or a Loved One Experience Any of the Following?

- Tiredness and feelings of weakness
- Less-than-optimal nervous system functioning
- Loss of appetite and unintended weight loss
- Occasional constipation and gas
- Feelings of mild moodiness
- Less-than-optimal memory
- A tendency of nervousness
- Less-than-optimal balance
- Less-than-optimal liver or heart health
- Premature grey hair
- Occasional digestive issues

What are the Benefits of Vitamin B12?

- Vitamin B12 helps folic acid regulate the formation of red blood cells, and helps your body use iron.
- B12 helps in cell formation and cellular longevity.
- Vitamin B12 helps support female reproductive health.
- B12 promotes normal nerve growth and development by maintaining the fatty sheaths. The fatty sheaths play a vital role as they cover and protect your nerve endings.
- Promotes more restful sleep. B12 plays a vital role in melatonin production.

**Vitamin B12 Injections Available Here
Schedule Your Appointment Today!**

352-666-0065