

# B12 SHOTS



## Get the energy to function at your best.

Vitamin B12 is a water-soluble vitamin that benefits our bodies in a multitude of ways. Adults need 2.4 micrograms of B12 each day, but many studies show that they aren't getting it. Even with the healthiest of diets, you may be missing out on the full dose you need!



**Why do you need it?**

It plays a key role in proper brain and nervous system function, adequate blood formation, adrenal function, and key metabolic processes.



**What are the benefits?**

Increased energy, mental clarity, and mood stability. Not to mention improved symptoms of fatigue, allergies, and depression.



**What happens if you're deficient?**

You may feel sluggish, lethargic, or depressed, as well as suffer from vision problems, low sperm count, memory loss, and severe allergies.



**Only \$15**

It is recommended that you get a B12 shot every 3 to 4 weeks to maintain the benefits. We also offer B1 and B6 shots to provide a metabolism boost and extra energy.