



VITAMIN B12 CLINIC



WHAT IS VITAMIN B12?

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia that makes people tired and weak.

B12

WHY TAKE VITAMIN B12?

- After water and oxygen vitamin B12 is the next essential micronutrient molecule vital for health.
- Vitamin B12 deficiency is common and can manifest at any age and is largely unrecognised.
- Vitamin B12 is crucial for many systems of the body to function correctly.
- Pernicious anaemia is just one illness related to a deficiency in vitamin B12.
- It is believed that Vitamin B12 deficiency is not always detectable on blood tests.
- Symptoms such as depression, anxiety and psychosis as well as the early onset of dementia are common with Vitamin B12 deficiency.
- Causes of b12 deficiency include genetic disorders, poor diet, gastrointestinal illness, alcoholism and use of antacids.
- Vit B12 is non-toxic even at high doses.



B12 DEFICIENCY SYMPTOMS

- Tiredness
- Depression
- Hair loss
- Pins & needles
- Numbness in the hands or feet
- Tremors or palsies
- Palpitations
- Recurrent headaches
- Dizziness



B12 INJECTIONS ARE SAFE

The European Food Safety Authority (EFSA) states that the European Committee on Food (SCF) has concluded that 'it is not possible to derive an upper intake level, mainly because no clearly identified adverse effect could be identified'.



B12 IS A NATURAL FOOD SUPPLEMENT

Vitamin B12 is found naturally in a wide variety of animal foods. Plant foods have no vitamin B12 unless they are fortified. Fish, meat, poultry, eggs, milk, and other dairy products are great sources of vitamin B12.



THE IMPORTANCE OF VITAMIN B12 IN YOUR DAILY LIFE.

Vitamin B12 plays a key role in many body systems and organs and this list is increasing. It is needed for energy production through the Krebs Cycle, for the synthesis of DNA via the folate cycle which affects trillions of cells in the body, and for the expression of genes through epigenetic processes. It affects the proper functioning of the nervous and peripheral systems, mood and cognitive functions and the formation of blood in the bone marrow, skin and mucous membranes, bones, the glandular system, the immune system, the digestive system, fertility and pregnancy and development of the embryo.

Vitamin B12 deficiency consequently manifests as a wide range of different symptoms, some of which appear to be unrelated or may even be misdiagnosed. B12 is fundamental to animal life and metabolism that the symptoms are also widespread.

B12 is responsible for:

- Manufacture and normal function of blood cells.

- It rapidly divides all cells from epithelial cells to bone marrow cells.
- Energy production through the Krebs Cycle.
- Metabolism of fats, carbohydrates and proteins.
- Nerve cell conduction.
- Neurotransmitters.
- Endocrine systems.
- Immune systems.
- Conversion of homocysteine to methionine, then to S-AdoMet (mood enhancing) and amino acids, with effects on many metabolic processes.
- Correct synthesis and transcription of DNA.
- Removal of toxins.

VITAMIN B12 ENSURES THAT YOUR BRAIN AND MUSCLES COMMUNICATE EFFICIENTLY ENCOURAGING MUSCLE GROWTH.



HOW MUCH WILL A COURSE OF VITAMIN B12 COST ME?

Each person is different and at Strathearn Health & Beauty, we work with all patients on a one-to-one basis. This approach helps us identify your individual need for our Vitamin B12 supplement. Some patients will only need a one-off boost of B12, others may benefit from our package deals for regular B12 injections.

Our trained B12 specialist will help identify your needs and create a customised B12 programme just for you.

Below is an example of our prices for B12 (it's cheaper than you might think)



£30

SINGLE B12 BOOST INJECTION

Recommended for patients who simply wish to try our Vitamin B12 injections or who wish to get their B12 injections without worrying about packages.

4 WEEKLY PACKAGE DEAL

Ideal for those patients who wish to save money and block book Vitamin B12 injections. This works best for patients wishing to use B12 injections as part of a healthier lifestyle.

£110



GIFTS

*VOUCHERS AVAILABLE

We offer digital gift vouchers for friends and family who would benefit from B12 boosts. We can also provide these for businesses looking to offer these supplements to staff and/or customers.



*Further discounts may be available for multiple purchases

COULD YOU BE VITAMIN B12 DEFICIENT?

Illness and conditions linked with vitamin B12 deficiency are common in many people. Often these symptoms are overlooked and go untreated.

The earliest symptoms of B12 deficiency and include:

- Irritability
- Mood swings
- Confusion
- Forgetfulness
- Fogginess
- Psychosis
- Hallucinations or delusion
- Depression
- Anxiety/Panic attacks
- Tension headaches
- Onset of dementia

Neurological disorders

- Bells palsy
- Chronic Fatigue Syndrome (CFS)
- Myalgic Encephalomyelitis (ME)

Autoimmune disorders

Autoimmune disorders take many forms, they include overactive immune system disorders when the body's immune system attacks and destroys its own tissue and underactive system disorders

when the body's defense against disease is reduced. Such disorders are frequent with vitamin B12 deficiency. The list includes:

- Addison's disease
- Amyloidosis
- Ankylosing spondylitis
- Coeliac disease
- Crohn's disease
- Dermatomyositis
- Graves' disease
- Guillain-Barre syndrome

Hashimoto's thyroiditis

Multiple sclerosis (MS-like presentation/SACD (subacute combined degeneration)

- Myasthenia gravis
- Pernicious anaemia/B12 deficiency

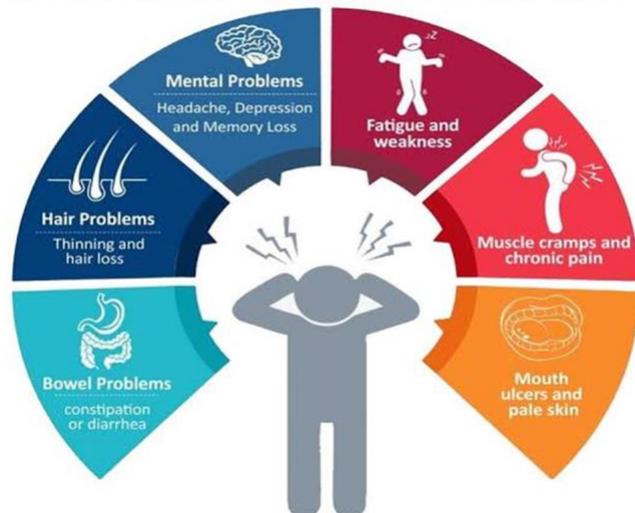
- Reactive arthritis
- Restless leg syndrome (RLS)
- Rheumatoid arthritis
- Sjogren's syndrome
- Systemic lupus erythematosus
- Type 1 diabetes
- Ulcerative colitis

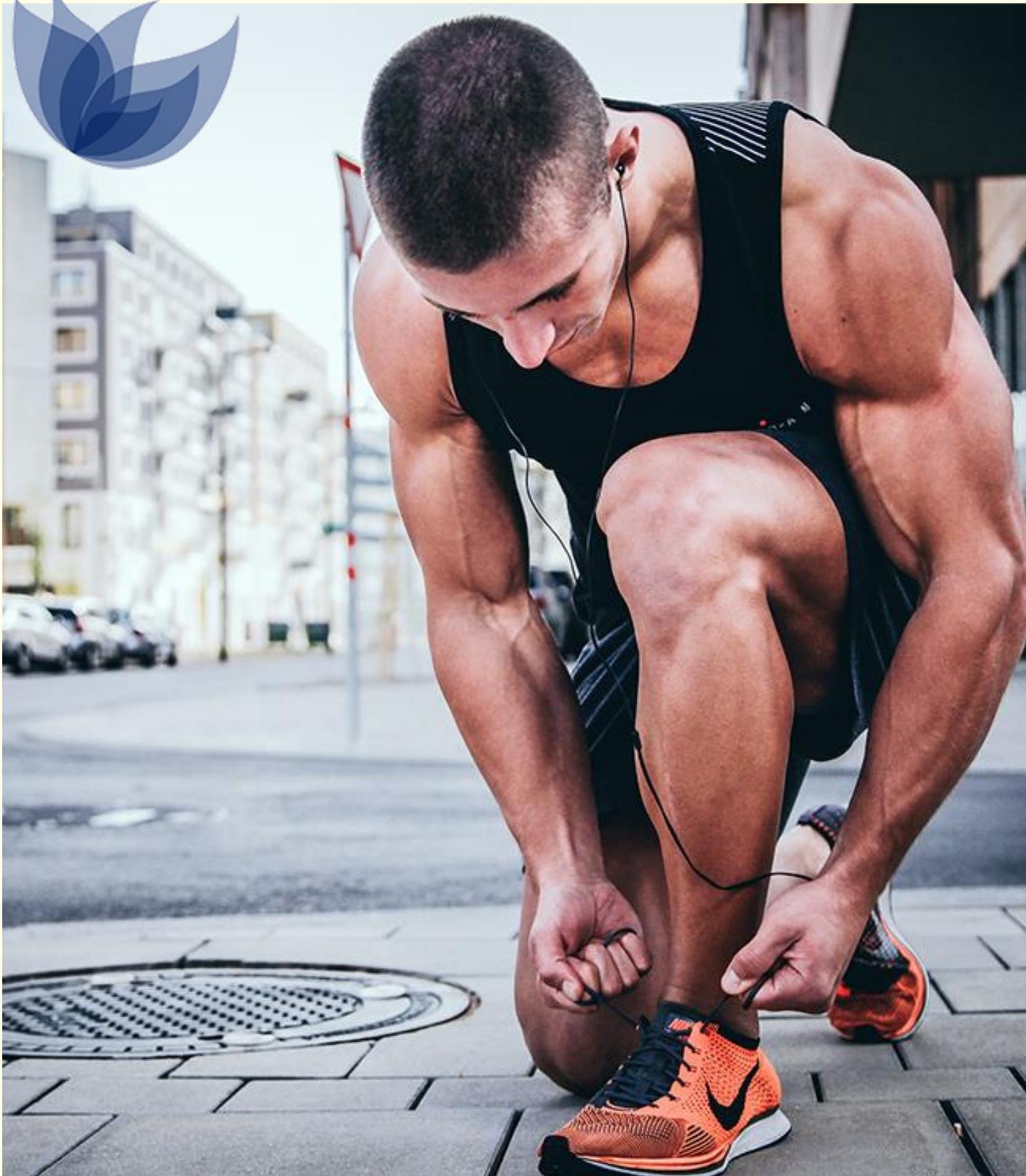
Many of the above conditions have overlapping symptoms, for example fatigue, general ill-feeling, joint pain and rash. Many of these conditions cease to exhibit their symptoms once vitamin B12 balance is restored in the body

mB12 deficiency has also been shown to be involved with a great number of conditions including those listed here:

Anxiety
Depression
 Improved ability to process sounds and modulate background noise
 Speech (finding words, apraxia, articulation, etc.)
Sleep Regulation **Mood** **Colitis**
 Socialization ADHD symptoms
Asthma
 Modulation of light **Behavior**
 Autoimmune symptoms **Visual and Auditory Processing**
Tinnitus **Digestions** **Viewing Color**
Neurotransmitter function
 Inflammatory conditions like rheumatoid arthritis, sciatica, fibromyalgia
Viral Infections **Chemical Sensitivity**
 Assisting in nerve growth Irritable Bowel Chronic Fatigue
 Blocking the effects of ethanol Depth Perception Memory
Migraines **Night vision**
 Greatly reduces the desire for alcohol, coffee, marijuana, methamphetamines, and possibly many other addictive drugs and behavior
 Eye or muscle "twitching"
Nail biting
Dyslexia

SYMPTOMS OF B12 DEFICIENCY





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