

# METHYLCOBALAMIN B-12 INJECTIONS

Methylcobalamin (Vitamin B12) is the active form of B12 your body can use right away. It helps turn food into energy, supports red blood cell production, and keeps your nerves working properly. Because your body can't make B12 on its own, it must come from food or supplements. Beyond energy and metabolism, B12 may also support heart health, protect cells from damage, slow signs of aging, and reduce inflammation.

## BENEFITS OF B-12

- Boosts energy and reduces fatigue
- Supports a healthy metabolism and efficient use of fats and carbs
- Promotes red blood cell formation and prevents anemia
- Protects nerves and supports brain health
- Enhances memory, focus, and mood
- Supports heart and cardiovascular health
- Reduces oxidative stress and inflammation
- Aids in cellular repair and healthy aging
- Strengthens immune system function
- Improves sleep quality and regulate circadian rhythm

## CONTRAINDICATIONS

Do not use if you have a hypersensitivity to any component of the injection (e.g., preservatives), Leber's hereditary optic neuropathy (rare mitochondrial condition), polycythemia vera (a rare blood disorder), known B-12 toxicity (extremely rare), or active infection or cellulitis at the planned injection site.

## DELIVERERED TO YOU

Methylcobalamin strength is 5 mg/mL, and comes in a 10 mL vial. It is shipped overnight via FedEx to your doorstep.

## STORAGE

Refrigerate upon arrival. Best use by date is 45 days after initial puncture of the vial.

## SUGGESTED DOSING

Inject 0.5 mL to 1.5 mL intramuscularly twice a week

**FOR REFILLS, CALL/TEXT YOUR PROVIDER AT 360-727-0998 WHEN YOU HAVE 3 WEEKS OF MEDICATION REMAINING.**

If you have any questions about your care, please email [hello@summermedspa.com](mailto:hello@summermedspa.com) or call us at (503) 388-3334!

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