Vitamin B-12

*Hela Spa Hydroxocobalamin (Vitamin B12) Injection:*

*What is Hydroxocobalamin?*

*Most vitamin B12 injections and oral supplements in the United States use a form of vitamin B12 called cyanocobalamin, however this form of vitamin B12 has the toxin cyanide connected to the molecule. Cyanide is a toxic substance to the human body; it can be found in trace amounts in our environment and accumulate in our body over time. Hydroxocobalamin is actually the treatment of cyanide poisoning because it binds to the cyanide and flushes it out of your body, thus ridding your body of toxins and increasing your overall health.*

*Hydroxocobalamin is a pure form of vitamin B12. It is more available to cells allowing the cells to process it more efficiently. Therefore, an intramuscular injection of hydroxocobalamin produces higher serum levels than the same dose of cyanocobalamin and these levels are well maintained nearly three times greater than cyanocobalamin. Many studies have been done to prove that hydroxocobalamin is a better form of vitamin B12, however, due to increased cost it is not used as often.*

*What are the advantages of Hydroxocobalamin vitamin b12*
injections?

Energy, energy, energy, as well as increased mental capacities and proper body function. The body uses vitamin B12 to maintain healthy nerve cells, produce RNA, DNA and red blood cells as well as help iron to function properly. B12 also works with folate to produce the amino acid SAMe which controls mood and supports immune function. B12 injections have many benefits and are often prescribed for deficiencies that cause fatigue, shortness of breath, diarrhea, numbness and neurological damage. Injections are recommended every 2 weeks to maintain your B12 level.

What are the symptoms of vitamin B12 deficiency?

Common symptoms include tiredness, lethargy, feeling faint, becoming breathless. Less common symptoms include headaches, a thumping heart (palpitations), altered taste, loss of appetite, pale appearance, sore mouth or tongue and ringing in the ears (tinnitus). Even if your lab values say you are normal, your body still may be needing more as lab accuracy for vitamin B12 is highly debated.

What can cause Vitamin B12 deficiency?

Alcoholism, malabsorption, prolonged stress, tapeworm infestation, vegan diets, celiac, hyperthyroidism, hepatic-
biliary tract disease, persistent diarrhea, ileal resection, pancreatic cancer, renal disease, macrobiotic diets or other restrictive diets.

What can happen if I am left untreated from a Vitamin B12 deficiency?

Problems with nerves and psychological problems can develop. Psychological problems may include depression, confusion, and difficulty with memory or even dementia. Nerve problems may include numbness, pins and needles, vision changes and unsteadiness.

If you have any questions or concerns, feel free to call us at 202-333-4445