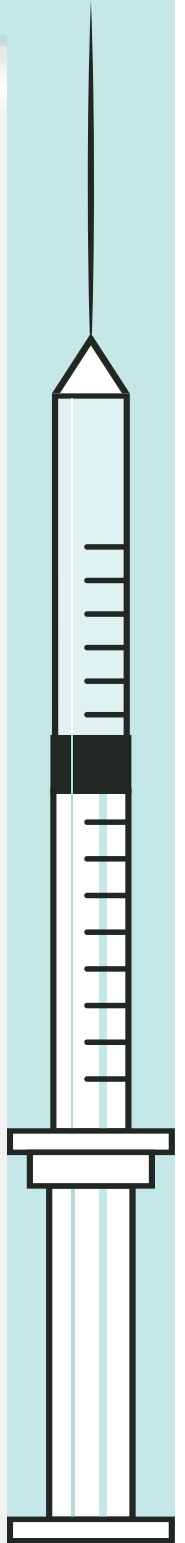




B-COMPLEX SHOT

Questions & Answers



What is B-Complex?

Vitamin B-Complex is composed of eight B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid), B12 (Methylcobalamin). Each of these essential vitamins contribute to your overall bodily function.

Benefits?

B-Complex plays a vital role in maintaining good health and well-being. As the building blocks of a healthy body, B-Complex have a direct impact on your energy levels, brain function, and cell metabolism. B-Complex may help prevent infections and help support or promote: cell health, growth of red blood cells, energy level, eyesight, brain function, digestion, appetite, proper nerve function, hormones and cholesterol production, cardiovascular health, and muscle tone.

How often should I get a B-Complex Shot?

You can get a B-Complex Shot every other week. For a healthy individual, once a month is sufficient though.

Injection site?

The B-Complex shot is recommended in the glute, but you may have it administered in the arm. The B-Complex shot has a bit of a stink, which goes away within 5-10 minutes.

Does B-Complex interfere with other medications?

No. You already take in B-Complex from certain foods. However, most people do not get the recommended amount, which is why B-Complex shots are an added boost to your health.

Signs of B-Complex Deficiency?

- Anemia.
- Fatigue.
- Weakness.
- Pale yellow skin color.
- Mouth ulcers and canker sores.
- Constipation.
- Vision disturbances.
- Balance issues, difficulty walking or confusion
- Skin rashes
- Cracks around the mouth
- Scaly skin on the lips
- Swollen tongue
- Anemia

Dosage?

1000mcg Thiamine (Vitamin B1) - plays a vital role in the growth & function of various cells & is needed by the body daily.

200mcg Panthenol - healing benefits & increases cell turnover, especially in skin & hair.

200mcg Pyridoxine (Vitamin B6) - Important for normal brain development & for keeping the nervous system / immune system healthy.

1000mcg Niacinamide - helps build keratin, keeping skin firm & healthy; protects against sun damage; similar benefits as Vitamin C.

200mcg Riboflavin - An antioxidant that fights free radicals & may reduce or help prevent some of the damage they cause; Riboflavin is also needed to help the body change Vitamin B6 & folate into forms it can use. It is also important for growth & red blood cell production.

200mcg Dexpanthenol (Vitamin B5) - Has anti-inflammatory properties which improve the skin's elasticity & rehydrates it; it is also used as gastrointestinal stimulant to treat & prevent ileus after GI surgery and in other conditions with impaired GI activity.