

Boost Your Energy & Vitality with B12 Injections - At Freedom Health Group



Are you feeling tired?

Are you feeling sluggish?

Are you feeling stressed?

It could be a B12 deficiency.

B12 is vital for energy, metabolism, and overall health.

With **B12 Injections** from Freedom Health Group, you can restore your energy, focus, and vitality!

Benefits of B12 Injections

- **Boosts Energy Levels:** Helps combat fatigue and tiredness associated with a deficiency.
- **Supports Mental Health:** May improve mood and reduce feelings of depression or anxiety.
- **Enhances Brain Function:** Supports concentration, memory, and cognitive function.
- **Promotes Healthy Skin and Hair:** Vitamin B12 plays a role in maintaining healthy skin, hair, and nails.
- **Aids in Red Blood Cell Production:** Helps prevent anaemia caused by low B12 levels.

What to Expect During the Treatment

At Freedom Health Group, we offer a quick and simple Vitamin B12 injection service. Here's what you can expect during your visit:

1. **Consultation:** You'll have an initial consultation with a Clinical Nurse Prescriber who will assess your symptoms, medical history, and whether a B12 injection is suitable for you.
2. **Injection:** The B12 injection will be administered by our Clinical Nurse Prescriber. The injection is usually given into a muscle (intramuscular) in your arm, thigh, or buttocks. It typically takes only a few minutes.
3. **Aftercare:** You can resume your normal activities immediately after the injection. Some individuals may experience mild soreness at the injection site, which typically resolves within a few hours.

Frequency of Treatment

Following your treatment, you will be advised on the frequency of Vitamin B12 injections based on your individual needs. In most cases, patients may receive an injection once every few weeks, then typically once every 3 months to maintain optimum B12 level.



Possible Side Effects

Vitamin B12 injections are generally safe and well-tolerated. However, some people may experience mild side effects, including:

- Pain, redness, or swelling at the injection site
- Mild headache
- Nausea or dizziness
- Itching or rash

These side effects are typically short-lived. If you experience any severe reactions such as difficulty breathing, swelling of the face or throat, or an irregular heartbeat, seek medical attention immediately.

Is the Treatment Right for You?

Vitamin B12 injections are safe for most people. However, if you have any of the following conditions, please inform us before your treatment:

- Allergy to cobalt or any ingredient in the injection
- History of blood clotting disorders
- Pregnancy or breastfeeding (consult your doctor)
- Kidney or Liver disease.

Cost and Payment

At Freedom Health Group, we believe in making healthcare affordable. Our Vitamin B12 injection service is competitively priced, with transparent costs outlined during your consultation. We accept various payment methods for your convenience.

Contact Us - Freedom Health Group

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Email: Angie@freedomhealthgroup.co.uk

Address: Clinics at Middleton Cheney and Brackley

Note: This leaflet provides general information and should not be used as a substitute for professional medical advice. Always consult your GP before starting any new treatment.

We look forward to supporting your health journey!