**Client Information**

**Heath & Wellbeing Clinic:-Vitamin B12 Mecobalamin 500 µg i.m injection (Methyccobal)**

* **What is B12?**

Vitamin B12 is a micronutrient called “cobalamin” and is naturally found in animal products:-

* red meat
* eggs
* cheese
* dairy produce

People who are Vegetarian or Vegan may benefit from B12 supplements.

* **Why is B12 is important?**

It is now known to have multisystem function and is essential for healthy cell formation and function.

* Helps with myelination of nerve cells
* Part of the process of formation of red blood cells
* Implicated in dopamine and homocysteine pathways that regulate mood.
* Energy cycle and energy production
* Lipid metabolism, especially nerve cells and also endocrine system and immune system
* Removing toxins
* **Are you feeling any of the following?**
* Tired, worn out
* Fatigue
* Stressed
* Feel the need for an energy boost

If yes, and want to look after your wellbeing boost your energy levels with an injection of B12.

* **Prices:-** Initial Assessment and injection £35; following appointments for injection £25
* **Disclaimer**

The information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you suspect you have a health problem consult your GP. This treatment is not suitable for Pregnant or lactating women who should consult their GP regarding any health care concerns.

* **To book an appointment contact**

**Lesley Green MA, BSc (Hons), Dip N Lond, RGN Lic Ac, Cert CBS**

Mobile:- 07521723699

Email:- [lesleytgreen@gmail.com](mailto:lesleytgreen@gmail.com)

Website:- www.lesleytgreen.co.uk