

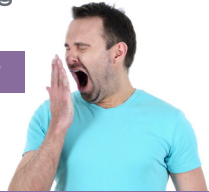


# LIVE LIFE TO THE FULLEST WITH VITAMIN B12 INJECTIONS

## IMPROVE HEALTH & WELLBEING

Are you feeling any  
of the following:

- Tired, worn out?
- Fatigue?
- Stressed?
- Feel the need for an energy boost?



If yes then book your appointment  
for a B12 shot today

## BENEFITS

- Increased natural energy levels
- Feeling of wellbeing
- Regulate sleeping pattern
- Boosts metabolism and the immune system
- Improved mood and mental clarity
- Regulate appetite cycles



“Vitamin B12 injections give the body a natural energy boost. Monthly B12 injections are becoming a popular way for people to boost their energy levels, enhance their athletic performance and improve their overall physical and psychological wellbeing.”

## PRICES

£35

Initial Assessment  
& injection

£25

Following appointments  
for injection



MA, BSc (Hons), Dip N Lond.  
RGN LicAc Cert CBS

## WHAT IS B12?

Vitamin B12 is a micronutrient called 'cobalamin' and is naturally found in the following animal products:

- red meat
- eggs
- cheese
- dairy produce

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



## WHY IS B12 IMPORTANT?

B12 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
- Healthy endocrine system and immune system
- Removing toxins

## ABOUT ME

Lesley Green is an accredited and insured B12 technician and qualified nurse with over 35 years experience having held a variety of nursing posts within the NHS, including working as a nurse consultant. She now works as a therapist and practitioner based in a clinic in Hartlepool. Please contact Lesley on one of the methods below should you require any further information or if you wish to book an appointment.

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Vitamin B12 Injection Clinic  
Accredited Practitioner with  
AB Health and Wellbeing

## 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, you should consult your GP. Pregnant or lactating women should consult a doctor.