

Why Should You Get a B12 Shot?

B12 vitamin shots support red blood cell formation, cell metabolism, nerve function, and the production of DNA. Adding B12 shots to your regular health and wellness routine can boost your energy, increase your metabolism, and improve the health of your cell regeneration.

A deficiency in vitamin B12 can cause red blood cells to reproduce improperly, leaving them swollen and ineffective. A shortage of B12 can also damage your nervous system and lead to a lack of vital DNA creation in your body.

What is a B12 shot? How often should you take one?

B-12 Shot Health Benefits

B12 shots supplement the vitamin B12 in your body. Whether you suffer from a B12 deficiency or would like to increase your energy level, there are many health benefits when adding the vitamin to your diet.

Here are a few [health benefits of the B12 shot](#):

- Boosts Energy
- Improves Metabolism
- Increases Red Blood Cells
- Cleanses your Liver of Toxins
- Regulates your Sleep, Mood, Appetite and Energy

By supplementing the B12 vitamin into your diet, you can lower your risk of inadequate cell growth and combat excessive fatigue.

Why Should You Get a B-12 Shot?

There are a myriad of symptoms that can result in the need for B12 injections. Those symptoms could include fatigue, memory and balance issues, irritability, headaches, or heart palpitations.

There are many ways to determine if and when you need to supplement the B12 vitamin.

1. List Your Symptoms

Create a diary for yourself. Write down your symptoms each day to help determine whether you are B12 deficient.

B12 deficiencies can occur with:

- Gastrointestinal Disorders
- Crohn's Disease and Celiac Disease
- Autoimmune Disorders
- Lupus
- Arthritis
- Alzheimer's Disease
- Nerve Damage
- Post-Surgery Treatment
- Vegan or Vegetarian Diets

2. Decide Your Dosage

Based on your reason for supplementing the vitamin B12, you will discover how often you need the shot. Your doctor can help to explain the dosing based on your water intake, weight, height, and dietary restrictions. Your personal dose can also be determined by a simple blood test.

3. Find an Easy-To-Use Injection

Each injection can be administered by a doctor or self-injected. For the self-injected shots, you will receive prefilled, capped syringes. The needle is as small as a strand of hair and almost pain-free when [injected into the skin](#).

The one-touch button is easy to use and immediately releases the vitamin into your body. You should feel the results of the B12 almost instantly.

How Often Should You Get a B-12 Shot?

Everyone is different. Exercise, sweat, and the amount of water you drink can affect how long the shot lasts in your body. Based on the frequency and dose of your shot, you may notice considerable changes in your body's reaction.

Shots can be administered daily, weekly, bi-monthly, or even just once a month. Based on your daily activity, it may be best to administer the shot right when you wake up or before exercising. The shot can typically last between 2-6 days.

Be patient and take the time to experiment with different dosages and frequencies to find what works best for you.

B-12 Vitamin Shots and B12X

[B12X provides B12 shots](#) directly to your door at a fraction of the cost of a doctor's visit. We provide self-injection instructions and customer service for frequently asked questions.

All plans are commitment-free and can be canceled any time before your shipment date.

Visit our website at www.B12rx.com for flexible payment plans starting at just \$9.99/shot!

Meta Information

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