



Vitamin B12

Vitamin B12, also known as cobalamin, is an essential vitamin that your body needs but cannot produce. It's found naturally in animal products, but also added to certain foods and available as an oral supplement or injection. Vitamin B12 has many roles in your body. It supports the normal function of your nerve cells and is needed for red blood cell formation and DNA synthesis.

Here are 9 health benefits of vitamin B12:

1. Vitamin B12 is involved in red blood cell formation. When vitamin B12 levels are too low, the production of red blood cells is altered, causing megaloblastic anemia.
2. Appropriate vitamin B12 levels are key to a healthy pregnancy. They're important for the prevention of brain and spinal cord birth defects.
3. Vitamin B12 may play a vital role in your bone health. Low blood levels of this vitamin have been associated with an increased risk of osteoporosis.
4. Maintaining adequate levels of vitamin B12 decreases homocysteine levels in your blood. This may help prevent the development of age-related macular degeneration.
5. Vitamin B12 is needed for the production of serotonin, a chemical responsible for regulating mood. Vitamin B12 supplements may help improve mood in people with an existing deficiency.
6. Vitamin B12 may help prevent brain atrophy and memory loss.
7. Vitamin B12 is involved in energy production in your body. Taking a supplement may improve your energy level, but only if you're deficient in this vitamin.
8. Vitamin B12 can decrease blood homocysteine, a type of amino acid that is associated with an increased risk of heart disease.
9. Healthy vitamin B12 levels are important for your hair, skin and nails

ThriveOB provides Vitamin B12/MIC injections.

The MIC refers to **M**ethionine, **I**nositol, and **C**holine and are "lipotropic" substances that play important roles in fat metabolism, liver function, and fat excretion.

Please ask the front desk about getting a vitamin B12 injection today!