

Why B12 with our Igniter package? Increased energy, mood, and general health!

Is it worth the extra money? Absolutely, yes!

ENERGY and MOOD:

The B12 shot will increase your energy levels, and often make you feel more upbeat, because a deficiency in B12 mimics depression.

B12 (cobalamin)—often referred to as B complex vitamins help form red blood cells, working with enzymes to make energy from the foods we eat. They play a vital role in releasing energy from carbohydrates, fats, and proteins. Since a large percentage of Vitamin B comes from animal sources, many dieters, vegetarians and vegans are deficient in Vitamin B12, and may have been for a long time.

HEALTH: B vitamins may also reduce the risk of heart disease. B12 grows healthy red blood cells, decreasing risk of anemia. B vitamins help your body produce new red blood cells that deliver oxygen to your tissues and organs, benefiting your circulation. This is heart healthy. B vitamins give you healthier blood vessels and even healthier skin.

ANOTHER ISSUE: What prescriptions are you taking. Many prescriptions – for instance metformin - can decrease B12 in your system causing a deficiency. If your doctor has prescribed metformin to get your cholesterol under control, B12 helps lower bad cholesterol (LDL) and increase good cholesterol (HDL).

Tired? If you suspect you may be low in B12 be sure to get the B12 added to your weight loss injection. The extra health benefits are certainly worth the extra \$125.

You deserve better health and energy levels.