



Permanent Makeup by Michelle Louise

## B12 and Vitamin C Wellbeing Injection Information

### IMPORTANT INFORMATION

This document contains important information. Please read it carefully.

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## What is B12?

Vitamin B12 is to the human body what petrol is to a car. Without it you wouldn't get anywhere. B12 can be naturally found in meat, fish and dairy products. These are often referred to as natural sources of B12. Both meat eaters, vegetarians and vegans can suffer from B12 deficiency, making B12 deficiency a common problem. This can be resolved with B12 supplementation.

## B12 Deficiency Symptoms

- Extreme tiredness
- A lack of energy
- Pins and needles (paraesthesia)
- A sore and red tongue
- Mouth ulcers
- Muscle weakness
- Disturbed vision
- Psychological problems, which may include depression and confusion
- Problems with memory, understanding and judgement

## B12 Rich Foods

You can access vitamin B12 in animal foods, which have it naturally, or from foods that have been fortified with it. If you are looking for a food fortified with B12, check the products Nutrition Facts label.

Animal sources of B12 include:

- Dairy products;
- Eggs;
- Meat; and
- Poultry.

## Why Would Someone Have a B12 Injection?

Vitamin B12 injections are used to treat lower levels of this vitamin in the body, this is often referred to as a deficiency. B12 helps your body use fat and carbohydrates for energy and make protein. It also has an important role within the blood, cells and nerves. Most people should get enough B12 through the oral intake of their diet, but a deficiency may occur due to certain health conditions such as gastrointestinal disorders, cancers, hereditary issues or general poor nutrition.

## What Type of B12 Is being Administered?

Cyanocobalamin: An artificial form of B12 that contains a cyanide molecule that provides its stability and prevalence of use. Cyanide is commonly referred to as a poison because it interacts with and disrupts the energy pathways in the cells. The amount of cyanide in Cyanocobalamin is inconsequential to cause harm, has been demonstrated not to cause toxicity, and approved by the FDA for use. Cyanocobalamin is also easily converted by the body into its active form.

## Where is it Administered?

Upper outer quadrant of buttock. (Dorsogluteal site) This is the most popular site for deep intramuscular injections, as it is a fairly large muscle it can withstand large and repeated injections. However, the gluteus muscle does have the lowest drug absorption rate. It is vital that this area is correctly identified as the sciatic nerve and the superior gluteal artery lie in the medial part of the buttock. These structures can be damaged especially in elderly, emaciated or a non-ambulant patient as the muscle mass is likely to have atrophied. In mildly obese patients, injection into this area is likely to be into the adipose tissue rather than the muscle, therefore resulting in slow absorption of the medication.

## Possible Side Effects and Contraindications

Possible side effects of a B12 Wellbeing Injection, include:

- Blood and lymphatic system disorders
- Reactive thrombocytosis
- Immune system disorders:
- Hypersensitivity reactions including rash; itching; exanthema; anaphylaxis. Antibodies to hydroxocobalamin-transcobalamin II complex have developed during hydroxocobalamin therapy.
- Metabolism and nutrition disorders:
- Initial hypokalaemia
- Neurological disorders:
- Headache, paraesthesia, tremor.
- Cardiac disorders:
- Arrhythmias secondary to hypokalaemia.
- Gastro intestinal disorders:
- Nausea, vomiting, diarrhoea.
- General and administration site disorders:
- Fever, chills, hot flushes; dizziness; malaise; pain; Injection site reactions including injection site pain, injection site erythema, injection site pruritus, injection site induration, and injection site swelling.
- Skin and subcutaneous tissue disorders:
- Acneiform and bullous eruptions
- Renal and urinary disorders:
- Chromaturia.

Possible contraindications of a B12 Wellbeing Injection, include:

- Kidney and liver problems
- Pregnancy, breastfeeding
- Active acute treatment
- Allergy to product

## What is Vitamin C?

Vitamin C, also known as ascorbic acid, has several important functions.

These include:

- Helping to protect cells and keeps them healthy
- Maintaining healthy skin, blood vessels, bones and cartilage
- Helping with wound healing
- Lack of vitamin C can lead to scurvy. Mild deficiencies may occur in people with poor or very restricted diets.

## Vitamin C Deficiency Symptoms

- Feel very tired and weak all the time.
- Feel irritable and sad all the time.
- Have severe joint or leg pain.
- Have swollen, bleeding gums – sometimes teeth can fall out.
- Develop red or blue spots on the skin, usually on your shins.
- Have skin that bruises easily.

## Vitamin C Hero Rich Foods

- **Peppers:** A portion of red peppers (80g) contains about 101mg of vitamin C. Together with their vitamin A content, which helps maintain eye and skin health, they support the normal function of the immune system.
- **Brussel sprouts:** A small portion of about six cooked sprouts contains 36mg of vitamin C and also vitamin K, which is key to blood clotting, and is a source of fibre, folate (vitamin B9) and potassium.
- **Orange juice:** A 150ml glass of Tropicana Orange Juice has the juice of 1 ½ oranges, which contains vitamin B9, potassium, and is 60 per cent of the daily reference intake of vitamin C. One of your five a day, a little glass has big benefits.

## What Type of Vitamin C Is being Administered?

**Ascorbic Acid:** is a natural water-soluble vitamin (Vitamin C). Ascorbic acid is a potent reducing and antioxidant agent that functions in fighting bacterial infections, in detoxifying reactions, and in the formation of collagen in fibrous tissue, teeth, bones, connective tissue, skin, and capillaries.

## Where is it Administered?

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## Possible Side Effects and Contraindications

Possible side effects of a vitamin C Wellbeing Injection, include:

- Large doses may cause gastrointestinal disorders, including diarrhoea.
- Large doses may also result in hyperoxaluria and renal oxalate calculi may form if the urine becomes acidic.
- Doses of 600mg or more daily have a diuretic action. Induced tolerance with prolonged use of large doses can result in symptoms of deficiency when intake is reduced to normal.

Possible contraindications of a vitamin C Wellbeing Injection, include:

- Kidney and liver problems
- Pregnancy, breastfeeding
- Active acute treatment
- Allergy to product

## Important

It is really important you understand the information contained in this document. We also encourage you to seek further information online or elsewhere to make sure you are comfortable the risks and benefits of this treatment. Should you have any doubts or concerns you should, in the first instance, contact your doctor.