

B Vitamins & The Roles They Play

Drip or IM injection

B12 - Best known for increasing energy production and red blood cell formation.

Additional benefits may include helping improve skin, concentration, memory, and mental clarity.

B Complex is a combination of 5-B vitamins

B1 aka Thiamine - “Anti-Stress Vitamin”

- Improved production of new cells for immune system protection, and the breakdown of simple carbs

B2 aka Riboflavin - “Growth Vitamin”

- Boosted RBD production, reduces inflammation, free radical damage, and helps transport oxygen

B3 aka Niacin - “Anti-Cholesterol Vitamin”

- Widely known for use with strengthening hair, skin, and nails

- Regulated blood sugar with improved body fat processing

- Help increase HDL

B5 aka Pantothenic Acid - “Energy Vitamin”

- Increased energy production and healthy skin

B6 aka Pyridoxine - “Brain Vitamin”

- Regulates mood and sleep disorders, reduces autoimmune inflammation and supports brain development and function

Taking a B Complex has many benefits!