

# Vitamin B12 IV Therapy

## Quick Facts

Type	Water-Soluble Vitamin
Supports	Energy production, nervous system, red blood cell formation
Common Uses	Boost energy, improve focus, support metabolism
Duration	Lasts days to weeks depending on individual needs

## What it Does

Vitamin B12 is essential for red blood cell production, nervous system health, and energy metabolism. Deficiency can lead to fatigue, weakness, and cognitive changes.

## Benefits

- Increases energy and reduces fatigue
- Supports brain and nervous system health
- Improves mood and mental clarity
- Helps with red blood cell formation

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