Experience the Energizing Benefits of Vitamin B12

**B12 HAPPY HOUR MENU**

**The Energy Shot** *(B12 + (B-Complex or B5 or Folic Acid))*
This injection increases energy, supports adrenal health, strengthens immunity and boosts your memory. The Energy Shot can be customized to meet your individual needs.

**The Weight Loss Shot** *(Vitamin B12 + MIC)*
MIC is a combination of three amino acids that accelerate the breakdown of fat during metabolism in the body and play important roles in liver function and fat excretion.

**The Natural Flu Shot** *(B12 + Engystol)*
Engystol, an FDA approved injectable, is a homeopathic remedy formulated to boost immune function by activating the body’s defense mechanisms and its innate ability to heal itself.

**The Natural Muscle Relaxant Shot** *(Spascupreel)*
Spascupreel®, an FDA approved injectable, is a homeopathic combination drug, indicated for the temporary relief of muscle spasms anywhere in the body.

**The Inflammation Shot** *(Traumeel)*
Traumeel® is used for the treatment of minor aches and pains associated with inflammatory and degenerative processes such as acute trauma, tendonitis, and bursitis.

**The Hormone Support Shot** *(B12 + B6)*
This injection may be beneficial in easing PMS symptoms and depression.

**OTHER INJECTABLES**

**Vitamin D**
Also known as “the sunshine vitamin”, many people are deficient in Vitamin D despite oral supplementation. Vitamin D is critical for healthy mood, immune function, and bone health.

**Iron**
Iron deficiency is the most common cause of anemia. Iron injections effectively correct iron deficiency while avoiding the stomach upset and constipation frequently associated with oral supplementation.

*(Vitamin D and Iron Injections are only available with lab verification of deficiency and Doctor approval)*

-developed by Trusalus
WALNUT CREEK, CALIFORNIA

trusalus.com
(925) 280.8210
WHO NEEDS VITAMIN B12?
If you’re an athlete, hardworking parent, exhausted after work, experiencing weight loss resistance, vegetarian or vegan, taking prescription medications, or living a busy stressed out life, getting a B12 shot can help! Vitamin B12 boosts energy, mood, memory, nervous system function, supports metabolism and overall health!

WHY DOES VITAMIN B12 HELP?
Vitamin B12 is a powerhouse supplement and can be used to treat and support many conditions such as:

- Fatigue
- Viral Infections
- Anxiety & Stress
- Thyroid Imbalances
- Adrenal Imbalances
- Depression
- Seasonal Allergies
- Nerve Pain
- Low Sex Drive
- Osteoporosis
- PMS
- Anemia
- Vitamin B12 can also be used to promote:
  - Healthy Weight Loss
  - Health Heart
  - Healthy Nerves
  - Detoxification
  - Cognitive Health
  - Anti-Aging

WHAT IS VITAMIN B12?
Vitamin B12 is a water-soluble vitamin that has a key role in the normal functioning of the brain and nervous system, and the formation of red blood cells. It is one of eight B vitamins and is involved in the metabolism of every cell of the human body, especially affecting DNA synthesis, fatty acid and amino acid metabolism.

WHY WOULD YOU BE B12 DEFICIENT?
B12 deficiency develops as a result of either not getting enough in the diet or from difficulty absorbing B12 from food or supplements. Absorbing B12 through the digestive system requires a series of processes in the stomach and small intestine. If any one of these steps isn’t working properly, or if your digestive system is inflamed for any reason, B12 may not be absorbed adequately.

WHAT’S THE MOST EFFECTIVE WAY TO GET B12?
B12 injections give you instant and efficient delivery to the tissues that need it most.

WHO ADMINISTERS THE B12 INJECTIONS?
The Naturopathic Services at Trusalus are provided by Dr. Tara Levy and Dr. Sandy Lutrin, Licensed Doctors of Naturopathic Medicine.

Join us for B12 Happy Hour!

Wednesdays
from 3-6pm
at Trusalus

No appointment necessary

We look forward to seeing you at our next B12 Happy Hour!

Complimentary
Weight Loss
& Wellness
Consultations
Now Available!

Schedule Today!
Call (925) 280-8210,
or Register Online!

Trusalus
YOUR TRUE HEALTH CENTER

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Call (925) 280.8210
for more information