



Vitamin B12 Injections

Vitamin B12 shots are delivered into the bloodstream via injection for maximum absorption. Methylcobalamin is the natural form of Vitamin B12, while Cyanocobalamin is a synthetic alternative. The body absorbs both forms well, though Methylcobalamin is considered to be more bioavailable.

B12 shots are often recommended for patients who have a deficiency or who need extra nutritional support, especially if they struggle with digestive absorption. B12 shots can also be utilized by healthy individuals to optimize their nutrition and provide more energy, better moods, and other benefits. B12 injections can be used to treat pernicious anemia and neuropathy (nerve damage) caused by severe B12 deficiency, as well.

Patients are more likely to have a B12 deficiency if they are over 75, have digestive issues, have autoimmune conditions, and/or are vegetarians or vegans. Symptoms of a deficiency include numbness in the extremities, heart palpitations and increased heart rate, irritability and low moods, anemia, shortness of breath, and fatigue.

Defy Medical offers access to [nutritional testing](#) that can determine whether you have a deficiency in key nutrients like B12.

Suggested Dose

1. 500 to 5,000 mcg weekly to monthly as a subcutaneous or intramuscular injection.

Dosage depends on the intent of treatment and the severity of the deficiency (if applicable). Patients should follow their provider's instructions on how much and how often to utilize B12 injections.

How do I Administer B12 Shots?

Typically, B12 shots can be administered as a subcutaneous injection into the fatty layer of the skin. The supplement is then absorbed into the bloodstream over 24 hours or so. In less common cases, B12 shots may be delivered via intramuscular injection for faster absorption and/or larger doses.

Defy Medical allows patients to order the B12 vial, along with injection materials like needles and syringes, alcohol wipes, and sharps disposal containers. Our team also provides [in-depth guidance](#) on how to self-administer injections.

Patients local to Florida can visit the [Defy Medical Tampa Clinic](#) to have our trained staff administer their B12 injection. They can receive additional nutritional support from our [customized IV infusions](#), as well.

What is B12?

Vitamin B12 is an essential nutrient that helps the body carry out many important functions. B12 assists in forming red and white blood cells, platelets, and DNA. Additionally, it facilitates the production of serotonin and dopamine hormones, which affect our moods and sense of well-being. This vitamin also supports the conversion of food into energy.

Since humans don't naturally produce B12, we receive it from our diet via animal products such as meats, dairy, and fish. Vegetables do not contain B12, which is why vegetarians and vegans have a higher risk of B12 deficiency.



B12 Sublingual Tablets and Drops

For patients who are seeking a more effective B12 supplement but don't want to self-administer injections, Defy Medical offers access to B12 sublingual tablets and drops.

Suggested Dose and Application

- **Troche:** ½ sublingual tablet daily or as needed. Place under the tongue and allow to dissolve over time. The vitamin absorbs into the bloodstream through the salivary gland.
- **Drops:** 1 mL (1 full dropper) placed under the tongue daily or as needed to be absorbed into the bloodstream via the salivary gland. The dropper included in the medication measures the full 1 mL dose.

Combination Therapies:

B12 shots can be combined with other medications and supplements as appropriate under the supervision of a provider. The following products may be co-administered to potentiate effects:

- LIPO-C Injections
- Defy Medical's Fat Loss Kit (Combination LIPO-C and B12)
- B-Complex Injections
- NAD+ Injections
- Lipo Burn weight management products
- Bella weight management products
- LipoSculpt cream

Type	Strength	Vial Size	SKU	Price
Methylcobalamin	1,000mcg/mL	10mL	223-aps	\$55
Methylcobalamin	1,000mcg/mL	10mL	1608-tm	\$55
Methylcobalamin	1,000mcg/mL	10mL	223-emp	\$55
Methylcobalamin	1,000mcg/mL	10mL	223-hal	\$55
Methylcobalamin	50,000mcg/mL	5mL	968-emp	\$79
Methylcobalamin	10,000mcg/mL	10mL	1609-tm	\$85
Cyanocobalamin	1,000mcg/mL	10mL	1757-aps	\$55
Cyanocobalamin	1,000mcg/mL	10mL	1762-tm	\$65
Cyanocobalamin	2,000mcg/mL	5mL	1125-emp	\$89
Cyanocobalamin	1,000mcg/mL	30mL	1742-aps	\$99
Fat Loss Kit (B12/LIPO-C)	10,000mcg/mL 15/50/50/5 mg/mL	10mL 30mL	978-emp	\$149
Methylcobalamin Troche	1mg/mL	NA	1236-hal-troches	\$3.50 per troche
Methylcobalamin Troche	1mg/mL	NA	1236-aps-troches	\$3 per troche
Methylcobalamin Drops	1mg/mL	30mL	1236-aps-drops-30	\$65