



Vitamin B12 (Methylcobalamin) Injection

Overview

Methylcobalamin is an active form of Vitamin B12. Vitamin B12 helps to utilize fats and carbohydrates for energy and make new proteins. Vitamin B12 is important in the maintenance of our metabolism, blood cells, and nerve function. Most people get enough vitamin B12 in their diet, but some need supplementation. Certain health conditions such as intestinal or stomach problems, poor nutrition, cancer, HIV, pregnancy, old age, veganism, and alcoholism can cause vitamin B12 deficiency. Low levels of vitamin B12 can lead to fatigue and anemia in milder cases. More serious B12 deficiencies have the potential to impair heart and neurological function, leading to many serious symptoms, such as tinnitus, severe joint pain, memory problems, depression, anxiety, poor muscle function, ataxia, and changes in reflexes. Infertility can also occur in individuals with insufficient B12. Early intervention and treatment of B12 deficiencies are key to maintaining healthy bodily function

Other Uses

Methylcobalamin (Vitamin B12) is indicated in those with pernicious anemia, diabetes, neuropathy, heart disease, circadian rhythm sleep disorders, memory loss, depression, fatigue, AIDS, inflammatory bowel disease (IBD), Lyme disease, osteoporosis, tendonitis, psychiatric disorders, Alzheimer's disease, liver and kidney disease, and asthma. It also may help in improving concentration, maintaining fertility, anti-aging, boosting energy levels, converting fat to energy, and mood elevation.

Side Effects

In most cases, methylcobalamin is nontoxic, even in large doses. Adverse reactions reported following methylcobalamin administration include headache, infection, nausea/vomiting, diarrhea, paresthesia, and rhinitis. Adverse reactions following intramuscular (IM) injection have included anxiety, mild transient diarrhea, ataxia, nervousness, pruritus, transitory exanthema, and a feeling of swelling of the entire body. Some patients may have experienced hypersensitivity reactions including anaphylactic shock.

Call your health care provider immediately if you are experiencing any signs of an allergic reaction: skin rash, itching or hives, swelling of the face, lips, or tongue, blue tint to skin, chest tightness, pain, difficulty breathing, wheezing, dizziness, red, swollen painful area on the leg.