

# Vitamins for Wellness



**At Skin by Sarah we offer injections for wellness, this is a service for those wishing to supplement their diet rather than those who have a deficiency and should contact their GP.**

## Vitamin B12

### What is Vitamin B12?

Vitamin B12 is an essential micronutrient, deficiency can cause fatigue, pallor, heart palpitations and breathlessness. Supplementation is reportedly safe and without common side effects.

### How does it work?

It acts as a coenzyme for many metabolic functions including fat and carbohydrate metabolism and protein synthesis. It is necessary for cell growth and cell replication.

### What can vitamin B12 help with?

- Physical energy
- Mental alertness
- Sleeping patterns
- Memory
- Feeling of wellness

### Who is most suitable for B12

- Those who follow a vegetarian or vegan diet
- Those with increased alcohol intake
- Those suffering persistent stress
- Older adults
- Those who have had bariatric surgery

### What are the side effects?

- Diarrhea, dizziness, headache, hot flushes, nausea, skin reactions and urine discolouration, arrhythmia, chills, drug fever, hyperkalemia, malaise, pain, thrombocytosis, tremor and vomiting

Find the patient information leaflet [here](#)

# SKIN BY SARAH

## Biotin Vitamin B7

### What is Biotin?

Biotin is a vitamin B complex also known as vitamin B7 or Vitamin H, it is necessary for cell growth and production of fatty acids into fuel to produce energy. It can be found naturally in food including eggs, legumes, nuts, seeds, beef liver, sweet potatoes, mushrooms, bananas, yeast and avocados. Biotin can be taken through tablets or injections.

### How does it work?

Research shows that biotin can improve the basic protein keratin that makes up hair skin and nails. Having biotin injected into the muscle it is suggested that the biotin levels will increase more rapidly to increase hair growth, hair structure and thickness and also decrease hair loss.

One injection is given weekly and then one is recommended every month as maintenance

### What can Biotin help with?

- Hair growth, strengthening and prevention of loss
- Acne and Eczema
- Strengthening of nails
- Increasing metabolism and speeding up weight loss
- Improving blood glucose
- Improving health of nerve tissues and bone marrow

### What are the side effects/risks/warnings?

- Allergy or hypersensitivity, principally skin allergies including urticaria, angioedema, itchiness or hives.
- Nausea, diarrhea
- Biotin is a water soluble vitamin, so any extra biotin in the body will be excreted through urine. This makes potential overdose unlikely
- Smoking can metabolize biotin quickly; therefore further doses may be warranted when a patient is a smoker.

To book a free consultation, please call or email:

**07912 883 466 / 01274 677 244**

**Info@skinbysarah.co.uk**

**skinbysarah.co.uk**

