

B12

PEPTIDES

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IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide **BENEFITS** More energy! Boosts metabolism; assists in the breakdown of carbohydrates, proteins Less brain fog (B12 is essential for the myelin coating on your nerves, which improves brain function and enhances mental clarity) Boosts cellular energy Helps the liver process chemical waste Supports hormone production Regulates blood sugar Breaks down carbohydrates Helps mood and focus Combats stress Helps methylation and detox pathways Helps with numbness and tingling in neuropathy patients **SIGNS OF B12 DEFICIENCY** Fatigue Shortness of breath Orthostatic Hypotension Insomnia Loss of concentration and memory Depression Muscle weakness Irritability Elevated heart rate Decreased immune function Burning in the mouth and tongue Unexpected, sudden blurred vision Balance problems **SYMPTOMS OF EXCESS BUILDUP OF B IN SYSTEM** Headaches Nausea Vomiting Diarrhea Skin rashes (itching, rashes, acne) **MORE SERIOUS SYMPTOMS OF EXCESS B IN SYSTEM** Heart problems Blood clots Neurological symptoms including tingling, numbness, confusion, and disorientation **CONTRAINDICATIONS** Do not use supplemental B12 if you have chronic kidney problems **B12 DOSING AND ADMINISTRATION** Take in the morning May be taken with or without food **INTRAMUSCULAR ADMINISTRATION PREFERRED** ; Subcutaneous acceptable but less effective **STANDARD PROTOCOL** (4-week Cycle followed by Maintenance Period) Weeks 1-4: 50 units (5,000mcg) 1x per week Maintenance (after the first 4 weeks): 25-50 units (2,500-5,000mcg) 1x per month, indefinitely (no set maintenance period) **MAXIMUM PROTOCOL** (10-week Cycle followed by Maintenance Period) Weeks 1-10: 50 units (5,000mcg) 1x per week Maintenance (after the first 10 weeks): 50 units (5,000mcg) 1-2x per month, indefinitely (no set maintenance period) **STACKING SUGGESTIONS** MIC+C (Lipo-C) – Complements B12 for fat metabolism, liver detox, and increased energy NAD+ – Synergistic cellular energy support and mitochondrial optimization Tirzepatide or Semaglutide – Helps counter potential B12 depletion caused by GLP-1 receptor agonists Glutathione – Supports antioxidant regeneration and detox pathways alongside B12 Folate (Methylfolate) – Pairs with B12 for improved methylation and homocysteine regulation

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