

## **IMPORTANT INFORMATION REGARDING B12 INJECTIONS**

In light of the current coronavirus pandemic, the doctors are postponing all B12 injection at the practice to minimise the footfall whilst there are restrictions of social distancing in place.

The Liver stores up to 12 months supply of B12 and as such the doctors have decided you are at no risk of experiencing symptoms or signs due to B12 deficiency during this short delay.

You will be recalled within 3 months of your cancelled appointment.

Alternatively, you can buy high-strength oral vitamin B12 tablets over the counter from health food shops or online from Amazon at a cost of less than £8 for a three month supply and these will maintain your B12 stores during this period. Clinical studies have shown that tablets at this dose can be absorbed by the vast majority of patients (even the pernicious anaemia) in sufficient amounts to both restore body B12 levels and maintain them there.

We recommend "Lindens 1000mcg B12 100 Pack2" which is available on Amazon for as little as £6.49 including postage.