

# B12 Happy Hour

## Vitamin Injection Menu



### B12 Pricing & Options

- B12 Shot \$25**  
2500mcg of Methylcobalamin  
(active form of B12)
- Double B12 \$35**  
5000mcg of Methylcobalamin

### Create your own:

In addition to the B12 shot,  
add 1 or more nutrients!

#### Add-on Options – \$10 each

- Magnesium
- B-Complex (B1, B2, B3, B5, B6)
- Thiamine (B1)
- Dexapanthenol (B5)
- Pyridoxine or P5P (B6)
- Taurine
- Folic Acid (bioavailable Folic Acid)
- L-Carnitine
- Biotin
- MIC/Lipotropics  
(Partial \$15 / full \$30)

“Happy Hour”  
Combinations  
On The Back!

### “A La Cart” Menu

- GLUTATHIONE \$30** | The “Gold Standard” of all antioxidants, liver supportive, aids detoxification, anti-aging, free radical protection offers support to those exposed to toxins such as smoke, medications, pollution, alcohol, environmental chemicals, paint, glue, fragrances etc. (Can help you avoid a sunburn too!)
- MEGA MAGNESIUM \$30** | High dose of magnesium for muscle tightness, spasms, soreness, helps with insomnia, restless leg syndrome, pulled muscles, Charlie horse, PMS cramps. (Does not effect your bowel function.) Can be added to other injections.
- SHINE ON ME VITAMIN D \$30** | Build up your Vitamin D levels for immune boosting and bone building. Add to #4 or Cold/Flu when sick.
- POLY MVA: ANTI-OXIDANT \$30** | The anti-oxidant Alpha Lipoic Acid will provide energy to the body – boost the immune response by replenishing key nutrients and supporting cellular metabolism.
- TRYPTOPHAN \$30** | This amino acid stimulates the body’s conversion to serotonin and melatonin. This will aid in depression, anxiety and help with better sleep.
- COLD / FLU: Engystol Homeopathic \$40** | Feeling sick? Boost your immunity against colds and flus. Can be used preventatively, early in flu season, as a flu vaccine by doing this shot 3 weeks in a row. Recommend adding “Immunity” Shot and/or Vitamin D.
- PAIN SHOT #1: Traumeel Homeopathic \$40** | Acute pain? Shot for trauma to the body and to treat acute inflammation. Any soreness, aches and pains, sprains, strains, arthritis and injury flair-ups.
- PAIN SHOT #2: NeuroRheum Homeopathic \$40** | Chronic pain? This stimulates the defense mechanism in joint disorders. Helps relieve discomfort from nerve pain, arthritis, other chronic inflammation specific to joint disorders and associated nerve pain.
- PAIN SHOT #3: Spascupreel Homeopathic \$40** | For muscle spasms anywhere in the body, including: PMS, spasms in the gut and restless leg syndrome.
- PAIN SHOT #4: Lymphomyosot X Homeopathic \$40** | For Lymphatic disorders, such as lymph swelling, recurrent infections. Can help with the detoxification process of your body via lymphatic drainage.
- PAIN SHOT #5: Zeel Homeopathic \$40** | For Osteoarthritis and joint pain.
- CALMVALERA \$40** | Get relief from tension and restlessness - day or night!  
For anxiousness, restlessness, tension, nervousness, and sleep disorders.

### MAKE NOTE:

- ▶ When you add “add-ons” you are adding fluid. We suggest receiving the injection in the upper outer buttocks rather than the upper arm to minimize soreness, but it is up to you.
- ▶ Please let us know if you have ever had a reaction to a needle stick, or feel faint from the sight of blood or needle. If so, please make sure you have eaten something to manage blood sugar and we will perform your injection either sitting or lying down. Please rest for a few minutes after the injection for safety (seated or laying down).
- ▶ Magnesium, B6 and B-complex may sting a little. Most other add-ons, including B12, should not feel painful. You may taste vitamins in your mouth shortly after injection.
- ▶ B12 may give your urine a reddish tint. There is nothing to worry about, it is water soluble and a natural excretion.

# B12 Happy Hour

Welcome to B12 Happy Hour at  
the Naturopathic Integrative Medical Clinic of Santa Rosa

We provide patients access to our walk-in clinic with injectable vitamins, minerals and supplements to help support your health. The injectable nutrients to provide energy, immune system strengthening, alleviate pain, and stimulate your metabolism.



## Vitamin Injection Combinations

### Basic Combinations

#### Given in 1 injection

- Calm Energy \$45** | B12 + Mag + B6 | Helps to relax the mind and body. Calms mental chatter for the moody and the anxious and supports better sleep.
- B- Energized \$50** | Double B12 + Double B-Complex | Replenishes of all the essential B-Vitamins that are needed to boost your immune system. Increases mental and physical energy. Good before travel or a big event, or just when you are feeling low and worn down.
- Immunity \$50** | B12 + B-Complex + Double B1 | Boosts Immune system. For cold and flu season, or if you or someone around you is sick. (Recommended to add Homeopathic Engystol for extra immune protection) and/or Vitamin D.
- Ache Me Not \$50** | B12 + Double Mag + Double B5 | For sore muscles, injuries, headaches, general aches and pains. Helps with muscle strain and over use. Provides relief from PMS and tight muscles from stress (Recommended to add one of the Homeopathic Pain shots to address your needs).
- The Beauty \$40** | B12 + Folate + Biotin | Supports the healthy growth of hair, skin, and nails.
- The Fat Burner** AKA **The Skinny \$60** | B12 + Double MIC + L-Carnitine | Stimulates your liver for optimal fat break down. Enhances utilization of fat for fuel. Supports lean muscle mass, overall detoxification, fat burning, weight loss and mental focus.

### Premium Combinations

#### Given in 2 or more injections

- Brain Food \$75** | B12 + MIC + Taurine + Folate + B6 + L-Carnitine | Boost your memory and cognition. Supports brain function and enhances mental focus. May help to prevent age-related cognitive decline. Helps with ADHD.
- Liver Love \$80** | B12 + Full MIC + B-Complex + Glutathione | Stimulates the liver for optimal detoxification and supports healthy liver functions. Glutathione helps remove toxins from the body. Gives protection to those exposed to toxins such as smoke, medications, pollution, alcohol, chemicals in cleaners, paint, glue, fragrances etc.
- Rock Star \$75** | B12 + Mag + B1 + B6 + Folate + MIC | For those who like to indulge, use in preparation or recovery from a party. Bounce back from a hangover by replenishing the vitamins depleted by alcohol. Also great for those with anemia or neuropathy / nerve pain. (Recommended to add Glutathione for detoxification).
- Stress Reliever \$90** | Double B12 + Double B5 + Mag + B-Complex + Taurine + B6 | For adrenal / chronic fatigue. Super boost your energy both physically and mentally. Don't let stress and fatigue get you down, power up your adrenals and balance your neurotransmitters. Handle stress optimally, be centered and thrive!
- Forever Young \$120** | B12 + Folate + Double Biotin + L-Carnitine + B6 + MIC full dose + Glutathione | To help you look and feel younger. This is "The Beauty" with extra amounts of needed nutrition for hair, skin and nails. Aids in brain function support, fat metabolism and detoxification. 3 injections.
- Load Me UP \$100** | B12 + Mag + B5 + B6 + Taurine + B-Complex + Active Folate + Partial MIC | A bit of almost everything, with partial MIC. 3 injections.
- Kitchen Sink \$140** | The "Load Me Up" + Double B12 + Full MIC + Glutathione. 4 injections.

### Naturopathic Integrative Medical Clinic

175 Concourse Blvd.,  
Santa Rosa, CA 95403

707-284-9200

[www.B12HappyHour.com](http://www.B12HappyHour.com)

[www.NIMCSR.com](http://www.NIMCSR.com)



**Dr. Moses Goldberg, ND**  
**Dr. Dana Michaels, ND**  
**Dr. Laura Moore, ND, LAc**  
**Dr. Andrea Mazzola, ND**