

# Understanding the Side Effects of Vitamin B12

B12 is a vitamin that facilitates red blood cell formation, cell metabolism, nerve function, and the production of DNA. Before supplementing your diet, it is important to know the side effects of B12.

Poultry, meat, fish, and dairy contain natural B12. However, sometimes the body has difficulty absorbing the vitamin, causing a B12 deficiency. Vitamin B12 can be administered orally, as an injection, or a nasal spray.

What side effects and interactions should you know about before taking the vitamin B12?

## What to Watch Out For When Taking B12

Vitamin [B12 is considered a safe supplement](#) when taken in appropriate doses under the supervision of a doctor. Your body absorbs the amount of vitamin that it needs and then dispels of the rest through waste.

The recommended daily amount of vitamin B12 for adults is 2.4 micrograms.

However, high doses and mixing with other chemicals may cause unpleasant side effects. Here are some recommendations and precautions to take when administering B12:

### 1. Side Effects to Consider Before Supplementing with Vitamin B12

When vitamin B12 is injected, it is sometimes given in high doses. Here are some of the possible side effects related to B12 injection therapy:

- Diarrhea
- Skin Rash
- Numbness/Tingling
- Headaches
- Dizziness
- Nausea/Vomiting
- Swelling
- Joint Pain

If any of the following more serious conditions occur after supplementing with B12, it is important to contact your doctor immediately:

- Shortness of Breath
- Rapid Weight Gain
- Chest Pain
- Irregular Heartbeats/Fluttering in Your Chest
- Muscles Weakness or Limp Feelings
- Increased Thirst or Urination

### 2. Agents That Hinder B12 Absorption in Your Body

When [B12 is absorbed into the body](#), the medicines and supplements you use can interact with the vitamin and cause the vitamin to absorb poorly.

A few drugs and vitamins that may reduce your body's absorption of the vitamin B12:

- **Aminosalicylic acid:** Used to treat digestive problems
- **Colchicine:** Used to prevent gout attacks
- **Metformin:** A diabetes drug
- **Proton pump inhibitors:** Stomach acid medicine
- **Ascorbic acid supplements:** Vitamin C supplements

### 3. Precautions to Take When Supplementing B12

Vitamin B12 should be supplemented under the direction of your doctor. It is important to assess your current personal health condition, along with your doctor's recommendation, before administering your dose of B12.

Here are a few conditions to consider before deciding to add B12 to your dietary routine:

- **Pregnancy and breastfeeding:** Taking B12 orally when pregnant or breastfeeding is considered safe under the supervision of a doctor.
- **Post-surgical stent placement:** Do not combine your B12 with folate or vitamin B6 after having a coronary stent.
- **Allergy or sensitivity to cobalt or cobalamin:** Avoid B12 completely if you have an allergy to either of these elements.
- **Leber disease:** B12 can harm the optic nerve.
- **Abnormal red blood cells:** Consult your doctor when using B12 if you have megaloblastic anemia. Serious side effects could occur.

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#### **Meta Information**

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