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How's your B12? Your energy? Your sleep?

Adequate vitamin B12 is necessary for healthy tissue growth, red blood cells, and DNA replication. **Symptoms of low B12 include poor energy, restless sleep, anxiety, and pernicious anemia.**

Which form of B12 do you use in your injections?

Our B12 injections utilize the most absorbable form of B12 available: methylcobalamin. Since the B12 is injected directly into the muscle, you achieve a high (nearly 100%) absorbancy rate, with rapid effects.

What are Energy Shots?

Step aside, caffeine. We're offering natural, non-caffeinated energy injections in our clinic now! Called Energy Shots, these made-in-Germany injections are quick and effective, with resistance ingredients including Panax ginseng and homeopathic metabolism stabilizers.

How often should I get B12 injections?

The timing of your B12 injections depends on several factors. If you have a lab-documented B12 deficiency, you may have to have regular B12 shots for a short time period until this deficiency resolves itself. If you are using B12 to boost energy or weight loss, you can choose from a variety of short-term B12 schedules, such as monthly, or every two weeks.

Additional Questions?

To ask additional questions, or to book an appointment, please call the office at 905-876-3047 ext 204, or email drkatie@dsouzahealth.com