

## Additional Services

### Capillary Blood Testing

Capillary blood testing is the process used to gain blood from a small pin prick to the finger. Collected samples are stored in a vial and sent to a laboratory for testing.

There is a huge range of tests we can currently run with capillary blood testing including Vitamin D, serum folate, vitamin B12, active B12, thyroid function, hormones, vitamin and minerals combined, cholesterol, full blood count and fertility. Prices start from £50. Contact us for more information.

### Skin Boosters.

It's time to invest in your skin! Skin boosters are injectables that improve skin texture, elasticity, hydration, skin nourishment, reduce skin wrinkles and lines and overall appearance. Skin booster treatment involves injecting hyaluronic acid which is a soft, gel-like substance under the skin. The hyaluronic acid is absorbed quickly but it can take up to 4-8 weeks for visible results. Most skin boosters recommend at least 2 treatments for maximum benefit. Followed by 6-12 monthly top ups to maintain the effect

Lumi eyes provides safe and fast visible changes to the eye area. Lumi-eyes destroys dark circles under the eyes, moisturises and fight fine wrinkles as well as smoothing and lifting the skin under the eyes. Stimulation of the skin cells, collagen and elastin allows to delay the ageing processes and strengthens the skin. It is recommended to perform a series of 3 treatments with in interval of 4 weeks and repeat the treatment 6 monthly.

### Polynucleotides

The polynucleotides industry is set to dominate skin rejuvenation treatments! Vitaran is an injectable that is intended to regenerate and repair the skin on a cellular level. Derived from 100% filtered fragments of salmon DNA, Vitaran stimulates fibroblasts in the skin to aid in the synthesis of collagen, elastin, and hyaluronic acid for a rejuvenated appearance. 2 or 3 treatments of Vitaran are advised to achieve optimal results, 3-4 weeks apart.

Skin boosters and polynucleotides treatment have minimal downtime, and should not affect your usual routine. Kernow Vitality offer wide range of skin boosters. Our consultation will identify the most suitable option for you, depending on your requirements.

## Why choose Kernow Vitality?

My role as a vitamin injection practitioner is to improve the health and wellbeing of my clients

I qualified with a BSC (hons) in nursing studies in 2009. Since then I have worked in a hospital setting and in the community. I currently work for the NHS for three days a week alongside Kernow Vitality.

Fully Insured

### Available Injections

Vitamin B12  
Vitamin C  
Vitamin D  
B-Complex  
Biotin

Friendly, flexible & professional approach. Available to over 18's only. A thorough consultation will take place to ensure suitability prior to treatment.



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kernow vitality

VITAMIN INJECTIONS

# Kernow Vitality

Vitamin B12

Vitamin C

Vitamin D

B-Complex

Biotin

Blood Testing

Skin Boosters

EST. 2022

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# VITAMIN INJECTIONS INFO

## Vitamin B12

B12 Methylcobalamin is a non prescription B12 which is used to enhance and improve an individuals health and wellbeing. It is not used to treat any conditions.

Vitamin B12 is a water soluble vitamin which means the body will use what it requires and will excrete the rest through urine or sweat.

Vitamin B12 is found naturally in a variety of foods, including meat, fish and dairy products.

Vitamin B12 can increase energy levels, improve and enhance immunity, improve mood, boost metabolism, improve concentration, help with hair and nail growth, improve sleep, produce healthy red cells and can help with brain fog.

## Vitamin B-Complex

B-Complex injections, also known as Lipotropic injections have a combination of vitamins and amino acids.

This injection is amazing overall for the health and wellness of individuals but also has the added benefits of weight management.

The B-Complex has eight different B vitamins including B1, B2, B3, B4, B5, B6, B7 and B12.

Vitamin B-Complex can improve sleep, increase energy, boost metabolism, support nerve function, boost hormone production & aid weight loss

Helps reduce food cravings, natural appetite suppressant, promote cell health, helps growth of red blood cells, stronger hair and nails, healthier skin, helps lower cholesterol, assist in regulating blood sugar and protects brain function.

## Vitamin C

Vitamin C, also known as ascorbic acid, has many health benefits. It is an essential vitamin, meaning the body does not produce it naturally.

Vitamin C is water-soluble, meaning that the body doesn't store it. A diet rich in vitamin C, supplements or intramuscular injections can help to boost vitamin C levels. Vitamin C has many health benefits for treating, preventing and protecting the body against certain conditions, ailments and other health issues

Vitamin C is a powerful antioxidant, which helps to improve and strengthen the immune system. It can help and may assist in preventing many of the following: helps to strengthen the skins protective barrier; improves wound healing, increases collagen production, lowers high blood pressure, protects against heart disease and osteoarthritis, protects the brain, helps to manage high blood pressure and boosts immunity.

Vitamin C stimulates collagen production. It plays an essential role in collagen synthesis - a complex set of chemical reactions in the body that are necessary to produce collagen. Without Vitamin C, the body can't form collagen, making this antioxidant an essential co-factor in collagen synthesis.

## Vitamin D

Vitamin D is a fat-soluble vitamin, meaning it is stored in the body's tissues and fat cells where it remains inactive and dispersed over time, when needed.

Vitamin – D helps regulate and improve your mood and due to it being produced in your body when your skin is exposed to sunlight can be great help with winter blues.

Vitamin D plays an essential role in strengthening and maintaining the immune system.

Vitamin D can lower the risk of Osteoporosis, Type 2 Diabetes and Heart Disease.

## Biotin

Biotin (Vitamin B7, also known as Vitamin H) is a water-soluble vitamin found in a variety of foods. B7 is also part of the B-Complex family.

Biotin injections help to support healthy cell growth and the creation of amino acids. Amino acids play a vital role in building up proteins and cell strength, which has a positive effect on repairing and maintaining healthy hair, skin and nails.

Biotin is a water-soluble vitamin which is needed for energy metabolism, fat synthesis, glycogen synthesis and amino acid metabolism.

Biotin improves the basic protein that makes up hair, skin and nails. This protein is called keratin.

Biotin is essential for hair growth, skin and nail health.

Biotin can help improve certain skin conditions, including acne and eczema.

Vitamin injections are a safe and effective way to boost your health and wellbeing. The vitamin is administered via intramuscular injection. Vitamin injections are effective due to high level of absorption. I recommend a course of injections to boost your health and wellbeing then 4-8 weekly top ups to maintain feeling amazing. Price list is available on our website.