

# B12 DEFICIENCY

## SCREEN. TREAT. PROTECT YOUR HEALTH.

Approximately  
**48 million**  
adults are  
clinically  
B12 deficient

**dietary**  
vitamin  
B12 deficiency

**1 in 6**  
women are  
B12 deficient

**Breast cancer**  
and  
**osteoporosis**

39% of  
**vegetarian**  
pregnant women

Higher risk  
in children of  
**B12**  
deficient  
mothers

B12 deficiency is more common than you think, and is directly associated with both hematological and neurological changes, including:

- memory impairment
- early dementia
- depression
- megaloblastic anemia
- irreversible nerve damage

Dietary Vitamin B12 deficiency is 3-4x more common in women 19-80 yrs. than in men.

Nearly 20% of women seeing their OB/GYN will have a condition related to B12 deficiency.

Low B12 levels are associated with a higher risk for women's health issues including:

- Osteoporosis
- Breast cancer
- Anovulation
- Miscarriage
- Pernicious anemia

As many as 39% of pregnant women who ate a lacto-ovo vegetarian diet were B12 deficient.

Infants and small children with B12 deficient mothers are at greater risk for developing severe hematological and neurological disorders with lasting harmful effects on development.

 **ELIGEN B12™**  
(cyanocobalamin/SNAC)  
1000 mcg/100 mg tablets

For more information including customers testimonials about Eligen B12, or to make a purchase, please visit [eligenb12.com](http://eligenb12.com) or [amazon.com](http://amazon.com).