



# WHAT'S THE DIFFERENCE?

A B12 tablet that is effective at normalizing B12 levels without the need for any accompanying injections

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

## How is Eligen B12™ different?

### It's about absorption

In many people with low B12 levels, vitamin B12 supplements aren't enough. If your doctor has recommended other B12 therapies, it could be because your digestive system doesn't absorb the B12 very well through your diet or oral supplements.

## THAT'S WHERE ELIGEN B12™ IS DIFFERENT

Eligen B12™ has a special technology that makes sure your body gets the B12 it needs by taking a pill just once a day—without the need for any accompanying injections. It's called **Eligen® Technology**, and once it's attached to the B12 molecules in the pills, it:

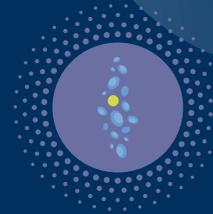


### CARRIES

Vitamin B12 through the digestive system

### TRANSPORTS

Vitamin B12 across the lining of the intestine



### DELIVERS

Vitamin B12 into the blood stream

## PRESCRIPTION-STRENGTH B12 WITHOUT THE NEEDLE

In a clinical study, patients received either Eligen B12™ or B12 injections, and both reached normal B12 levels.

### Why not just take a regular over-the-counter vitamin?

If you're one of those people who doesn't absorb vitamin B12 well, over-the-counter vitamin B12 pills are just not going to be enough to bring your B12 up to a normal level.

In clinical studies with healthy patients, twice as much of the vitamin B12 in Eligen B12™ was absorbed as over-the-counter vitamin B12.



Actual size



## CONVENIENT ONCE-DAILY DOSING

Take 1 Eligen B12™ tablet once daily on an empty stomach—at least 1 hour before a meal, with about a quarter cup of water.

Your doctor may decide to adjust this dose after testing your B12 levels.

In clinical trials, there were no serious side effects

Please see page 6 for full Important Safety Information.

## Indication

Eligen B12™ is indicated for the dietary management of patients who have a diagnosed vitamin B12 deficiency that cannot be managed by a modification of the normal diet alone. This deficiency can be caused by a range of conditions in which there is an impaired capacity to absorb vitamin B12.

## Important Safety Information

You should not take Eligen B12™ if you are allergic to vitamin B12, cobalt, or any ingredient of Eligen B12™.

You should not take Eligen B12™ if you have Leber's disease, which your doctor may refer to as heredity optic nerve atrophy. Cyanocobalamin can lead to optic nerve damage (and possibly blindness) in people with Leber's disease.

Before using Eligen B12™, tell your doctor or pharmacist if you:

- Are or may be allergic to cyanocobalamin (vitamin B12) or cobalt
- Have an iron or folic acid deficiency
- Have kidney or liver disease
- Have low potassium blood levels (hypokalemia) or gout
- Have a blood disorder called polycythemia vera
- Have an eye disease called heredity optic nerve atrophy (Leber's disease)
- Are receiving any medication or treatment that affects bone marrow
- Have other vitamin/mineral deficiencies (especially folic acid and iron)

Get emergency medical help if you have any of these signs of a serious reaction: muscle cramps, weakness or irregular heartbeat, hives, difficulty breathing, swelling of your face, lips, tongue or throat.

Call your doctor at once if you have a serious side effect, such as feeling short of breath, even with mild exertion, sudden vision changes or slurred speech.

Less serious side effects may include diarrhea, itching or rash.

Before using Eligen B12™ tell your doctor or pharmacist all of the medicines you are taking, especially methotrexate, pyrimethamine, any antibiotics, and any vitamins.

**You are encouraged to report negative side effects of medical foods to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

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