B12 DEFICIENCY

Who's at Risk, and Why You Need to Understand It

Vitamin B12 is crucial to maintaining healthy nerve and blood cells. However, not getting enough B12 can lead to serious consequences. Often overlooked, B12 deficiencies can cause long-term health impacts.1

Who's at Risk?



Pernicious anemia





GI disorders & long-term use of GI-related medicines





Diabetes patients taking metformin

of adults 60+ may have B12 deficiency²

AN ESTIMATED

ADULTS HAVE B12 DEFICIENCY³

B12 DEFICIENCY

can lead to



Irreversible nerve damage



Neurological changes





Dementia

SYMPTOMS INCLUDE

- Weakness & fatigue
- ☐ Light-headedness & dizziness
- ☐ Palpitations & rapid heartbeat
- ☐ Shortness of breath



☐ Numbness & tingling in hands and feet

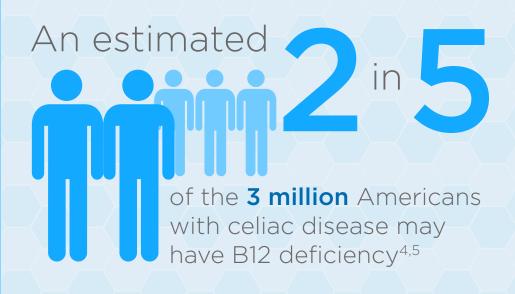
A sore tongue with a red beefy

- Memory loss
- appearance

GI DISORDERS & MEDICINES

CELIAC DISEASE

PERNICIOUS ANEMIA



CROHN'S DISEASE As many as

of the estimated 780,000 Americans with Crohn's Disease may have B12 deficiency^{6,7}

More than 1.1 MILLION

Americans have pernicious anemia, a chronic condition that impairs a person's ability to absorb the vitamin^{8,9}

PPIS

Long-term use of stomach-acid reducing

proton pump inhibitors (PPIs) may increase the risk of B12 deficiency

More than 100 MILLION

prescriptions are filled annually in the United States 10

WOMEN



13.6 MILLION women 60+ are at risk

of B12 deficiency¹¹

women with celiac disease are at risk¹¹ -- Between 17% & 39% of pregnant

women who are also vegetarian can be deficient¹²



45% of children who are born to women with macrobiotic diets also are at risk¹²

MORE THAN people 60+ may have B12 deficiency²



Older age accounts for

of clinical cases of severe vitamin B12 deficiency¹³

DIABETES



People with diabetes who take metformin are

as likely to have a deficiency¹⁵

People 60+ and anyone with GI issues of any kind should see their doctor to have their B12 checked. For more information, visit www.emisphere.com

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