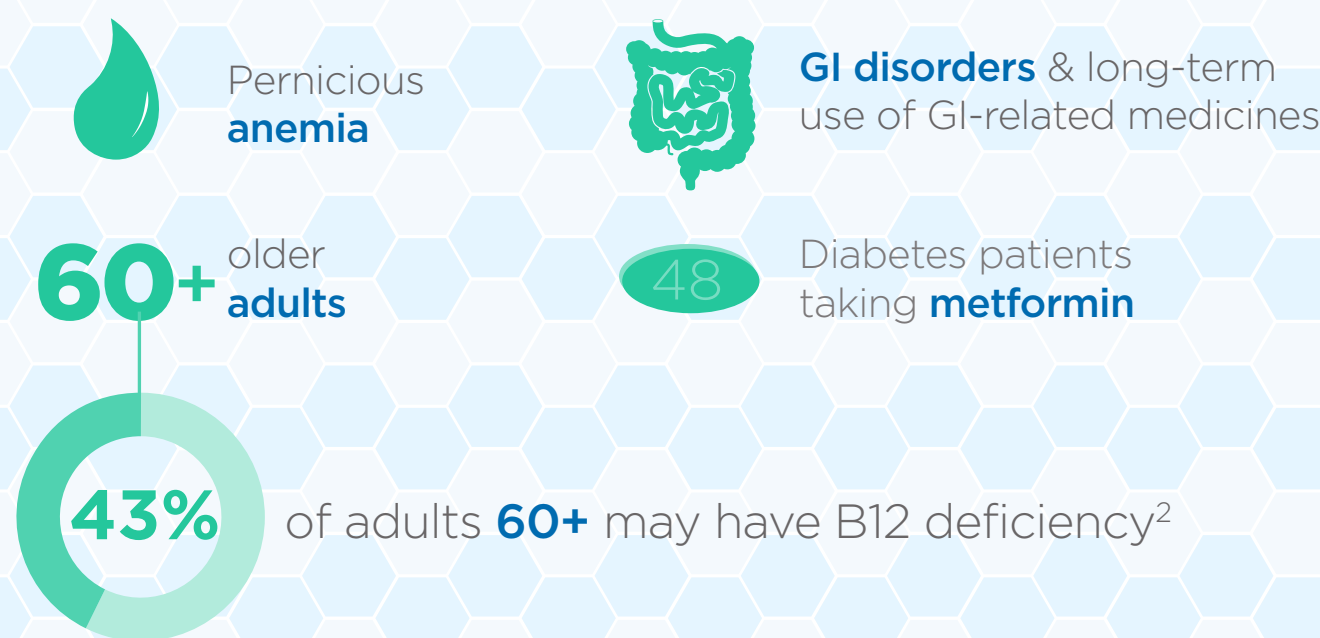


B12 DEFICIENCY

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?



B12 DEFICIENCY can lead to



Irreversible nerve damage



Neurological changes



Depression



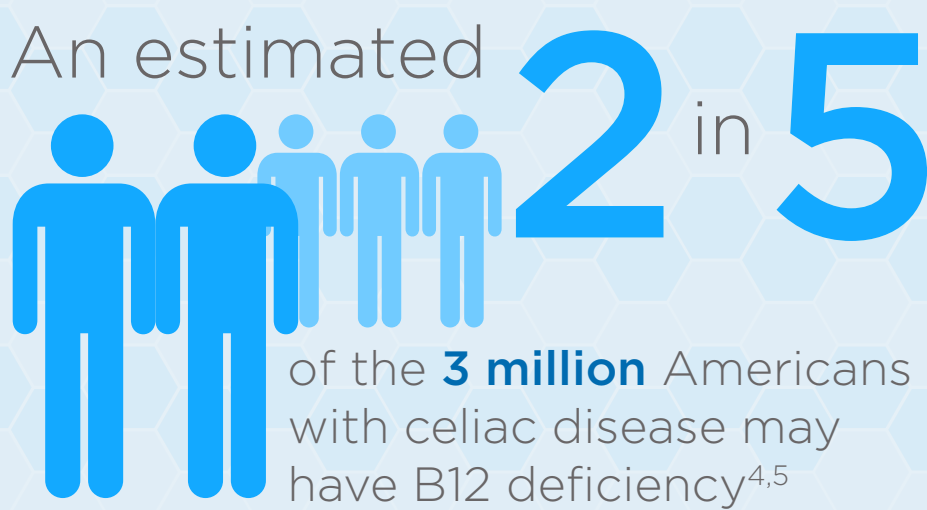
Dementia

SYMPTOMS INCLUDE

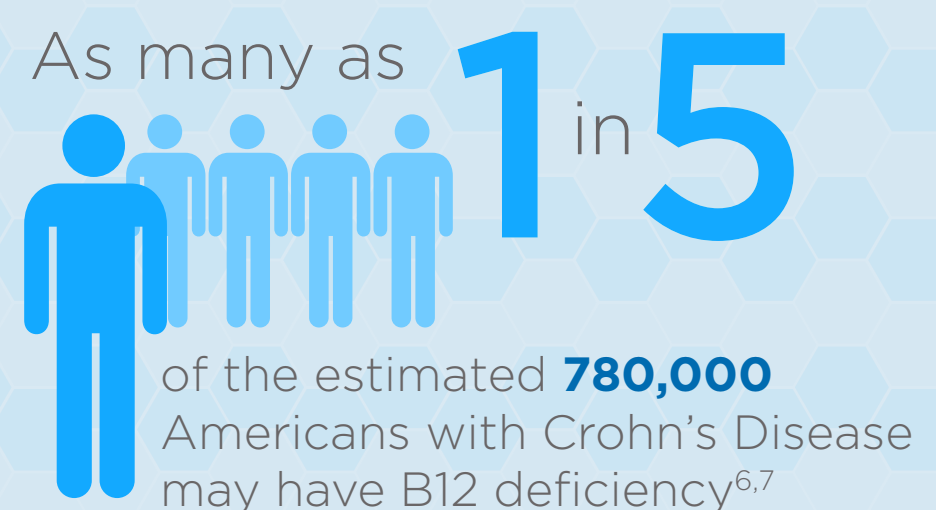
- Weakness & fatigue
- Light-headedness & dizziness
- Palpitations & rapid heartbeat
- Shortness of breath
- Numbness & tingling in hands and feet
- A sore tongue with a red beefy appearance
- Memory loss

GI DISORDERS & MEDICINES

CELIAC DISEASE



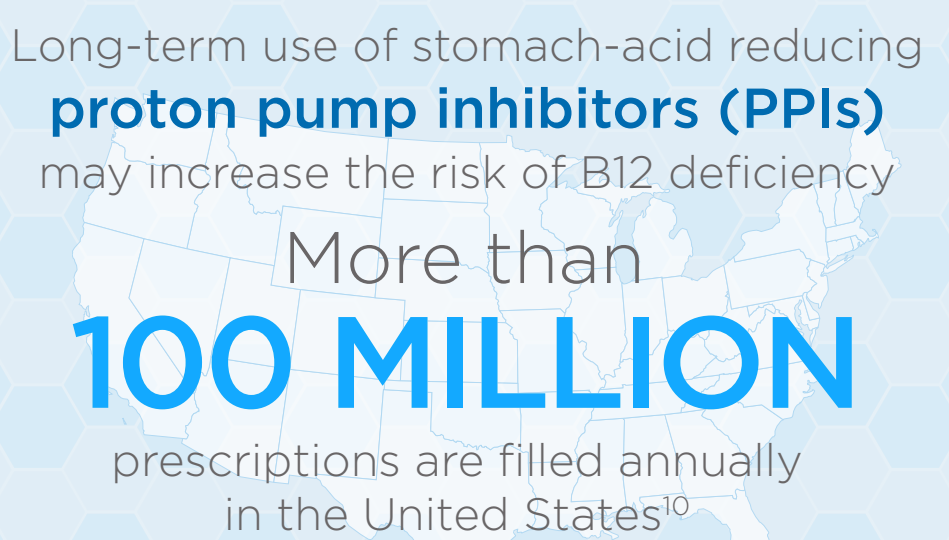
CROHN'S DISEASE



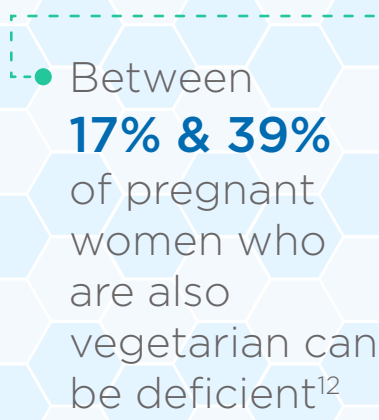
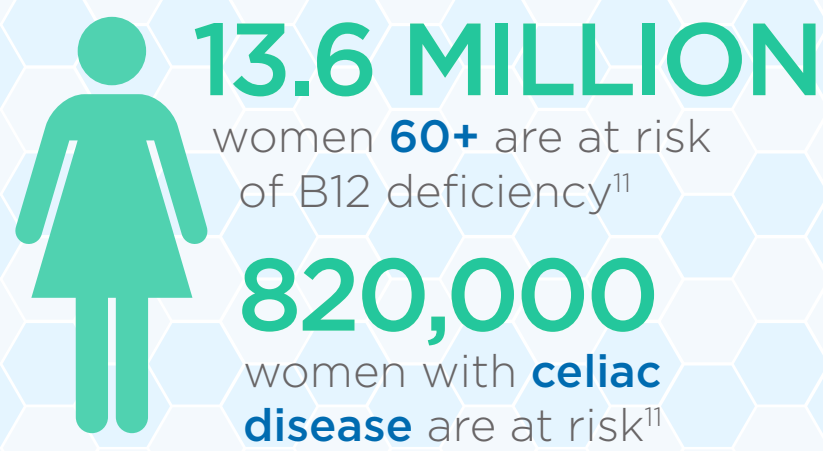
PERNICIOUS ANEMIA



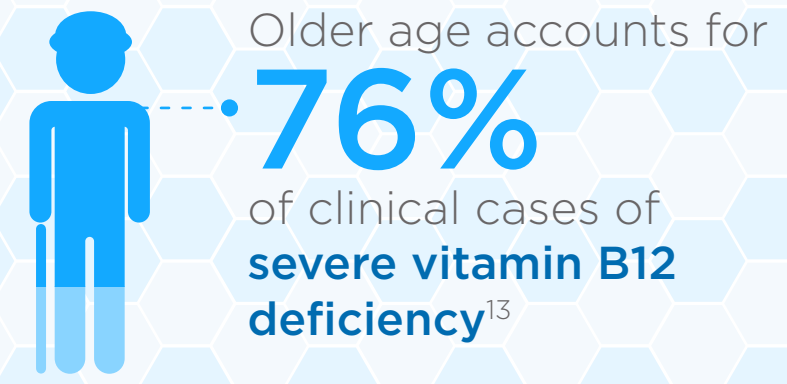
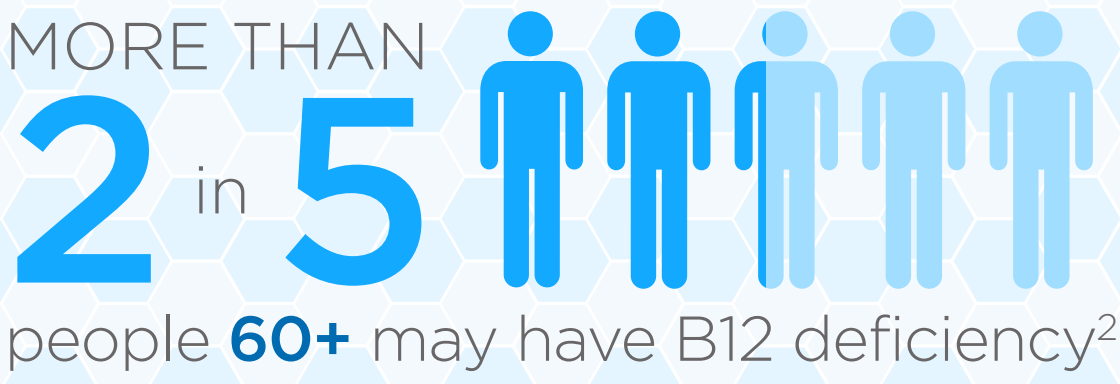
PPIs



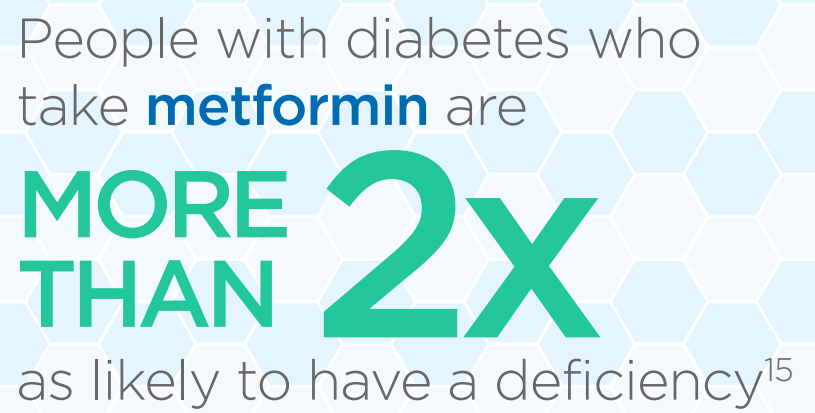
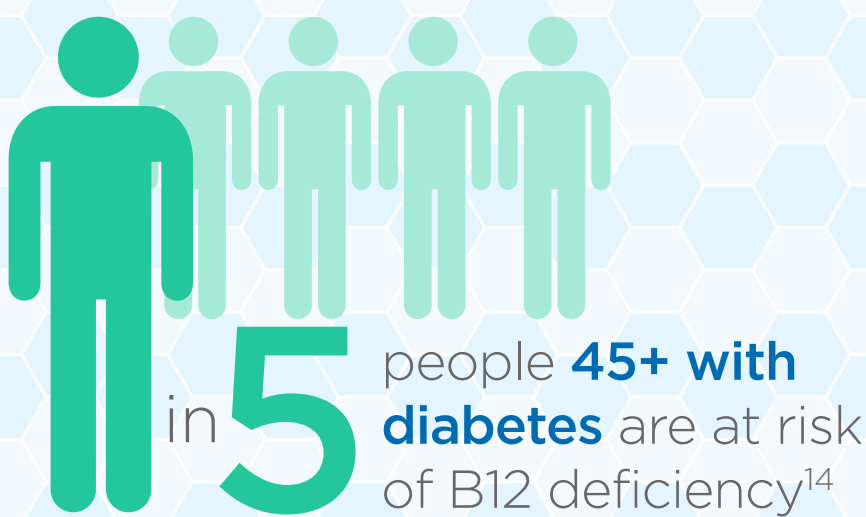
WOMEN



B12 RISK INCREASES WITH AGE



DIABETES



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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