

# B12 DEFICIENCY

## SCREEN. TREAT. PROTECT YOUR PATIENTS.

Approximately  
**48 million**  
adults are  
clinically  
B12 deficient<sup>2</sup>

**dietary**  
vitamin  
B12 deficiency

**1 in 6**  
women are  
B12 deficient<sup>3</sup>

**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<sup>1</sup>:

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

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

Nearly 20% of women seeing their OB/GYN will have a condition related to B12 deficiency.<sup>3</sup>

Low B12 levels are associated with a higher risk for women's health issues including<sup>3</sup>:

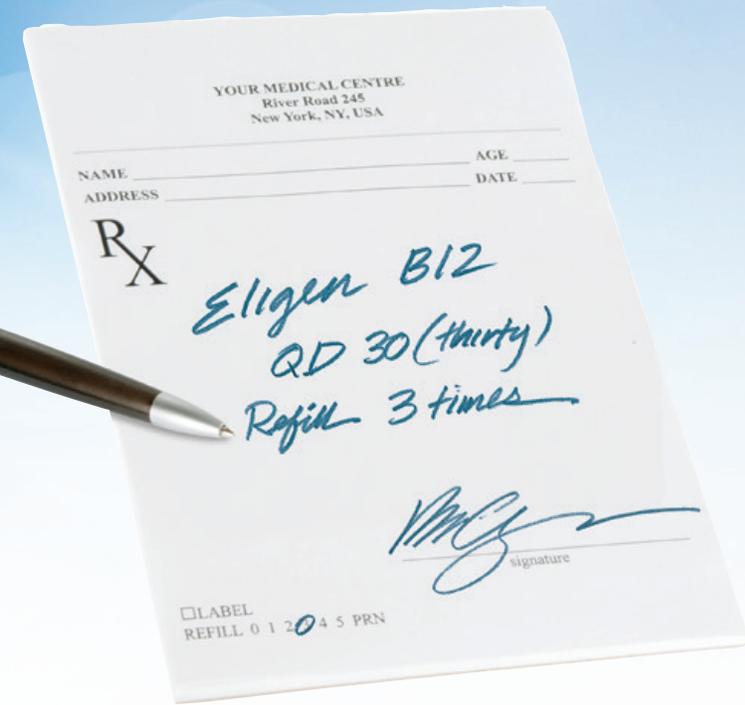
- Osteoporosis
- Breast cancer
- Anovulation
- Miscarriage
- Pernicious anemia

As many as 39% of pregnant women who ate a lacto-ovo vegetarian diet were B12 deficient.<sup>4</sup>

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.<sup>3</sup>

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

B12 DEFICIENCY. SCREEN. TREAT. PROTECT YOUR PATIENTS.



Start your B12 deficient patients on  
**Eligen B12™ Oral**  
**Once-daily dosing**  
**No Needle. Normal B12 Levels.<sup>5</sup>**

## HELP PATIENTS SAVE MONEY.

Eligible patients could pay no more than \$45 per month on their prescription for Eligen B12™. Visit [EligenB12.com/patient](http://EligenB12.com/patient) to learn more.

A prescription medical food is an FDA product classification. Medical foods are formulated to be consumed or administered orally under medical supervision and are intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements

are established by medical evaluation. Eligen B12™ is a medical food available by prescription for patients who have a medically diagnosed vitamin B12 deficiency associated with a disease or condition that cannot be managed by a modification of normal diet alone.<sup>5</sup>

### REFERENCES

1. Evatt ML, Mersereau PW, Bobo JK, Kimmons J, Williams J. Why vitamin B12 deficiency should be on your radar screen. Centers for Disease Control and Prevention (CDC) website. <http://www.cdc.gov/ncbddd/b12/index.html>. Published June 30, 2008. Accessed January 16, 2015. 2. Allen LH. How common is vitamin B-12 deficiency? Am J Clin Nutr. 2009;89(2):693S-696S. 3. Data on file. Emisphere Technologies 4. Pawlak R, Lester SE, Babatunde T. The prevalence of cobalamin deficiency among vegetarians assessed by serum vitamin B12: a review of literature. Eur J Clin Nutr. 2014;68(5):541-548. 5. Eligen B12 [Package Insert]. Roseland, NJ: Emisphere Technologies, Inc; October 2014.

**Emisphere**

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