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

20-30% of adults with Crohn’s disease may have B12 deficiency.

20% of adults with IBS-D or chronic loose and frequent stools will be B12 deficient.

Over 1.1 million adults 60+ suffer from pernicious anemia, a leading cause of B12 deficiency.

Over 100 million prescriptions for proton pump inhibitors ("PPIs") are written annually. Long-term use of PPIs may increase the risk for B12 deficiency.

Hypochlorhydria, due to atrophic gastritis, is a common cause of B12 deficiency in people over 50. It is associated with chronic H. pylori infection and autoimmune gastritis, and an increased risk of gastric cancers.

For more information including customer testimonials about Eligen B12, or to make a purchase, please visit eligenb12.com or amazon.com.