Approximately 48 million adults have B12 deficiency. Recognizing high-risk populations may mean you can provide help to your patients sooner.

**DIABETES**
Patients with diabetes who take metformin are more than 2x as likely to be deficient.

In 5 people aged 45+ with diabetes are at risk of B12 deficiency.

**GI DISORDERS & MEDICATIONS**

More than 1.1 million adults aged 65+ suffer from pernicious anemia, a condition that impairs the ability to absorb B12.

As many as 20% of the 780,000 adults with Crohn’s disease may have B12 deficiency.

Approximately 40% of adults with celiac disease may have B12 deficiency.

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

**AGE ABOVE 60 YEARS**

43% may be B12 deficient.

People aged 60+ account for 76% of clinical cases of severe B12 deficiency.

**VEGETARIAN DIET**

As many as 39% of pregnant women who ate a lacto-ovo vegetarian diet were deficient.

45% of children born to women who ate a macrobiotic diet were B12 deficient.

**HIV IN MEN**

As many as 39% of men with HIV may have B12 deficiency.

B12 deficiency has been linked with accelerated HIV disease progression in men.

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**B12 DEFICIENCY** is directly associated with irreversible nerve damage, dementia, neurological changes and depression.

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