Approximately 48 million adults are clinically B12 deficient.

Dietary vitamin B12 deficiency is 3-4x more common in women 19–80 yrs. than in men.

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

Low B12 levels are associated with a higher risk for women’s health issues including:
- Osteoporosis
- Breast cancer
- Miscarriage
- Anovulation
- Pernicious anemia

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

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.

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