

Reduce Your Risk

of this Irreversible, Life-Threatening Deficiency

Common Symptoms of a B-12 Deficiency may Include:

- Fatigue & weakness
- Numbness & tingling in the legs and, less commonly, the arms
- Agitation
- Depression
- Confusion

References:

1. Alvarez-Leite JI. Nutrient deficiencies secondary to bariatric surgery. *Curr Opin Clin Nutr Metab Care* 2004; 7:569-75. (Review)
2. Bloomberg RD, Fleishman A, Nalle JE, Herron DM, Kini S. Nutritional deficiencies following bariatric surgery: what have we learned. *Obes Surg* 2005; 15:145-54. (Review)
3. Health Plus International, Inc. Florida Atlantic University Research & Development Park, October 15, 2004.

For more references visit www.bbvitamins.com.

Vitamin B-12... An Essential Vitamin for Life

Did you know that Vitamin B-12 is the largest and most complex of all the vitamins? Overall B-12, along with the B-complex family, is important for cellular production, including red blood cells, maintenance of the nervous system, and to assist with the production of energy. A vitamin B-12 deficiency may cause anemia and/or degeneration of nerve fibers, resulting in serious health problems.

The Challenge of B-12 Absorption^{1,2}

Those that have undergone gastric bypass surgery may have a limited ability to produce stomach acid and enzymes, as well as intrinsic factor. Vitamin B-12 deficiencies are encountered when the body does not appropriately release B-12 from proteins due to insignificant production of gastric acid and enzymes. In addition the absorption of B-12 can be impaired due to low intrinsic factor production.

Building Blocks Multiple, which contains 100 times the RDI for vitamin B-12 is effective in preventing B-12 deficiencies in the majority of gastric bypass patients. However, everyone's body is different, and some people may not be absorbing all the Vitamin B-12 they are taking. It is very important that your body has sufficient amounts of vitamin B-12 because a deficiency can have life-threatening consequences, including irreversible nerve damage and a permanent loss of mobility.

Patent Approved Nanocetrical™ Delivery System!

Building Blocks Vitamin B-12 Spray is formulated using an innovative, patented Nanocetrical Delivery System™ (NDS). This type of delivery system dramatically reduces the particle size of the vitamin molecules into nanodroplets™ pt to increase absorption. In preliminary studies evaluating the absorption rates of two vitamin B-12 preparations, the Nanocetrical Delivery System™ pt was found to be more rapidly absorbed than the oral tablet formulation³. This sublingual, fine-mist spray formula is designed to deliver 1,200 mcg of Vitamin B-12.

Building Blocks

Essential Bariatric Supplement



Introducing B-12 Spray

Helpful Definitions:

- **Intrinsic factor** - a compound secreted by the cells of the stomach lining; necessary for the proper absorption of B-12 from the small intestines.
- **Gastric acid** - the digestion secretion of the gastric glands of the stomach (i.e. hydrochloric acid). Helps with digestion in order to prepare food for the absorption phase.
- **Enzymes** - proteins that facilitate chemical reactions without being changed in the process; protein catalysts.

To order Building Blocks Spray Vitamin B-12 visit your Bariatric Surgeon's office today! For more information about Building Blocks call **877-419-1568**, or visit **www.bbvitamins.com**.

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