

SUBJECT: Are You Eating Enough Foods Rich in B12 Vitamins?

SNIPPET: Your brain, nervous system, and red blood cells require them.

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[[CUSTFNAME]], YOU HAVE IN VITAPOINTS*

**What Do Psychological, Neurological and
Gastrointestinal Issues Have in Common?**

B12 Vitamins.



A deficiency in B12 can cause a whole litany of health problems. But it's easy to make sure you're getting sufficient B12 by supplementing with a high-quality B12 vitamin.

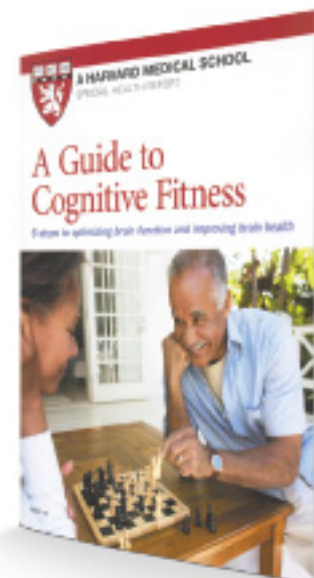
You'll want to include foods rich in B12 vitamins, like those found in animal-derived foods such as dairy, eggs, meat, poultry and fish.

Diets that limit these foods – or due to poor absorption – may lead to a vitamin B12 deficiency. Prolonged deficiency can lead to serious mental and physical symptoms.

Click the button below and learn about some pretty scary side effects of B12 deficiency.

READ NOW!

And if you want to try the best of the best... order some of [Alfred Libby's B-12](#) – the original, patented formula! This slow-dissolve tiny pink pill delivers 100% of the daily recommended requirement for B12, B6, and B9.



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which add up to savings!*

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National Institute of Health states; chronic inflammation is not a specific disease but a mechanistic process.

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