

Nutrition Depletion For Metformin



Potential Health Problems:

- Long-term metformin use increases the risk of vitamin B12 depletion.¹
- Low levels of vitamin B12 and folate may lead to anemia and diabetic neuropathy (damage to peripheral nerves, which can cause numbness and tingling).^{1,2,3}

Depleted Nutrients:

- ✓ Vitamin B12
- ✓ Folate (folic acid)

Recommendations:

- Take a Vitamin B12 supplement. Vitamin B12 keeps your blood cells healthy and prevents you from developing anemia, which makes you feel tired and weak. While on Metformin it is recommended to take 30mcg of Vitamin B12 daily.²
- Take a Folate (folic acid) supplement. Folate helps you make DNA (a genetic material in your body) and divide cells in your body. When your body cannot divide cells properly because of low folate levels, you may develop anemia and feel tired and weak. While on Metformin it is recommended to take 240 mcg of Folate daily.²

**10% OFF ANY STRENGTH
OF HEALTH MART
VITAMIN B12 & FOLATE**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

¹Xu L, Huang Z, He X, et al. Adverse effect of metformin therapy on serum vitamin B12 and folate: short-term treatment causes disadvantages? Med Hypotheses. 2013 Aug; 81(2): 149-51. Doi: 10.1016/j.mehy.2013.05.025.

²Martin LJ, MD. Low magnesium level. MedlinePlus. Retrieved June 7, 2018, from <http://medlineplus.gov/ency/article/000315.htm>

³Peripheral Neuropathy Fact Sheet. National Institute of Neurological Disorders and Stroke. Retrieved June 7, 2018, from <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Peripheral-Neuropathy-Fact-Sheet>