

[Healthaliciousness.com/articles/foods-high-in-vitamin-b12.php](http://healthaliciousness.com/articles/foods-high-in-vitamin-b12.php)

once the cream is applied there will be no worries of an oily residue being left behind

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i think certain foods trigger it more

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therefore, always wash your hands in the morning and ideally have a shower or bath.

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