

<https://www.lifestylesbybean.com/b-12-why-the-urgency>

Interaction between excess folate and low vitamin B12 status

1. [https://www.lifestylesbybean.com/\\_files/ugd/45aa19\\_f8fcc8234c63405294a39b6c29dc4aa0.pdf](https://www.lifestylesbybean.com/_files/ugd/45aa19_f8fcc8234c63405294a39b6c29dc4aa0.pdf)

**NASA study** Personalized medicine in human space flight: using Omics based analyses to develop individualized countermeasures that enhance astronaut safety and performance

2. <https://www.frontiersin.org/articles/10.3389/fmolb.2016.00027/full#h9>

**The finding that low vitamin B12 status is associated with more prominent metabolic markers of vitamin B12 deficiency in the presence of high folic acid concentrations (Miller et al., 2009)**

<https://academic.oup.com/ajcn/article/90/6/1586/4598102> points to the importance of nutrient-nutrient interactions, which have only been considered over the past decade and is of particular relevance to countries with ongoing folic acid fortification of foods.

3. <https://www.pnas.org/doi/10.1073/pnas.0709487104#sec-2>

**In vitamin B12 deficiency, higher serum folate is associated with increased total homocysteine and methylmalonic acid concentrations**

4. <https://www.sciencedirect.com/science/article/am/pii/S0098299716300619>

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5. <https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/folate-and-vitamin-b12-friendly-or-enemy-nutrients-for-the-elderly/D8C38CD6D49977957C5B098623459519>

**Folic acid fortification is undoubtedly a way forward to prevent NTD, but only if its implementation also assumes the responsibility to screen for individuals at risk of vitamin B12 deficiency.**

This below set of resources would be of benefit to **EVERY** healthcare professional.

<https://www.facebook.com/groups/PAB12DSupportGroup/> Pat Kornic's - B12 deficiency/ pernicious anemia support group

<https://b12awareness.org/> Sally Pacholok books (adult and ped), documentary, and movie

Mayo clinic- the faces of a cobalamin deficiency.

[https://www.mcpiqojournal.org/article/S2542-4548\(19\)30033-5/fulltext](https://www.mcpiqojournal.org/article/S2542-4548(19)30033-5/fulltext)