APPENDIX Table 1: Assessment of neuropathy

Six questions were used to assess symptoms of neuropathy:

1) Do you feel unsteady when walking in the dark (e.g. when walking to the

bathroom at night)? Yes or No

2) Do you have altered sensation in your feet on walking (e.g. feeling like walking

on cotton wool)? Yes or No

- 3) Have you had any falls in the last month? Yes or No
- 4) Do you have pins and needles in your feet? No or Yes above ankle or feet

only?

- 5) Do you have burning in your feet? No or Yes above ankle or feet only?
- 6) Do the bed clothes upset your feet when they are in contact with them at

night? No or Yes- above ankle or feet only

A number of clinical measurements bilaterally were used to assess clinical signs of neuropathy:

- 1) Knee tendon jerk
- 2) Ankle tendon jerk
- 3) Joint position sense present on distal interphalangeal joint of the great toe

In addition, a plantar response was elicited and the presence of symptoms and signs were combined to produce a neuropathy score. Symptoms were scored (maximum score 6) for questions 1-3, as 1 point if present and for questions 3-6 as 1 point if present above ankle and 0.5 point if confined to the feet only. Clinical signs were scored (maximum score 8) as 1 point for each absent reflex. Individuals were classified as having peripheral neuropathy if they had a symptom score greater than 2 together with a clinical sign score greater than 2. In addition missing ankle jerks were examined separately as a more sensitive test for early evidence of neuropathy.

Appendix Table 2: The effect of treatment with vitamin B12 injections in participants with initial low serum vitamin B12 concentrations (n=100)

Biochemical variables	Pre-treatment 50 th (25-75 th)	Post-treatment 50 th (25-75 th)	Absolute change 50 th (25-75 th)
	percentiles	percentiles	percentiles
B12 (Bayer), pM	141 (110-159)	590 (407-1007)	458 (292 to 881)
B12 (Beckman)pM	113 (90-124)	550 (412-1003)	443 (307 to 896)
HoloTC, pmol/L	30 (21-43)	211 (120-333)	161 (81 to 305)
tHcy, µmol/L	18.5 (13.4-23.3)	11.0 (9.6-13.8)	-7.1 (-3.4 to -10.4)
MMA, µmol/L	0.43 (0.29-0.79)	0.19 (0.16-0.23)	-0.24 (0.10 to -0.56)
Folate, nmol/L	19 (13-30)	23 (13 - 34)	2 (-3 to 9)

Appendix Figure (1) Flow sheet of study participants

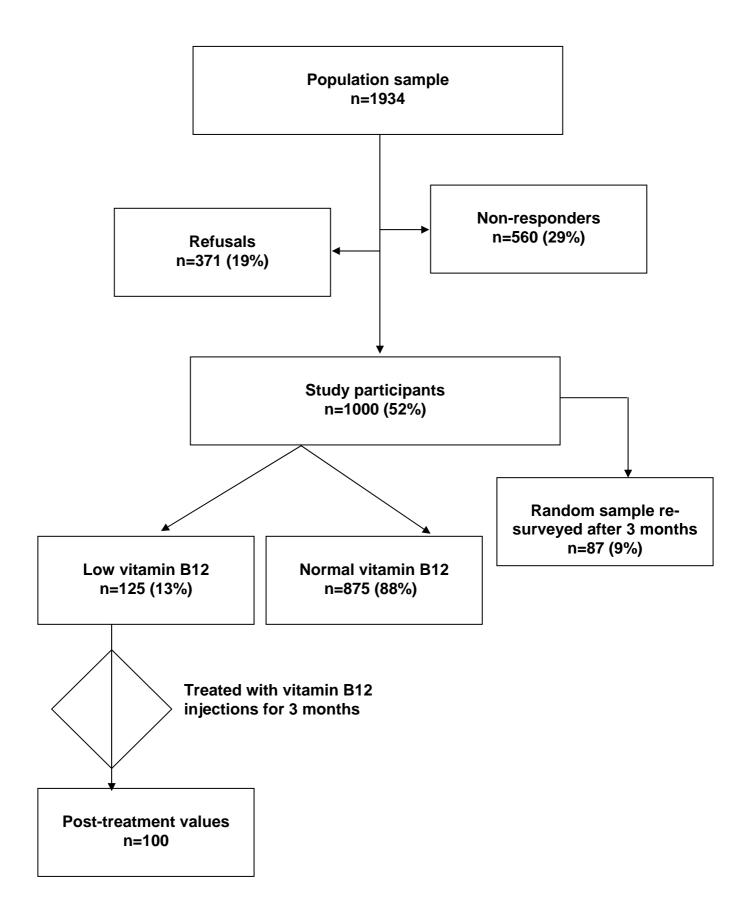


Figure (2): Effect of vitamin B12 on plasma MMA concentrations

