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<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

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