**Supplemental file 2**

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| Summary of the studies that were not included because of non-response | | | | | | | | | |  |
|  | **Author** | **Year of publication** | **Sample size (N)** | **Age of subjects (years)** | **Study population** | **Exclusion criteria** | **Intervention** | **Time to follow-up** | **Haematological measurements** | |
| **Studies on B12** | Hughes | 1970 | Placebo n=14  Vitamin B12  n=15 | ≥65 | Subjects aged ≥65 years from practices in Wales, vitamin B12 <150 pg/ml | Anaemia, B23 neuropathy, use of drugs possibly interfering with B12 assay of B12 levels | Weekly 1000 ug hydroxocobalamin intramuscular during 5 weeks | 5 weeks | Hb at baseline and follow-up.  Difference between groups small and not significant (0.01±0.35 g) | |
| **Studies on folic acid** | Smidt | 1990 | Placebo n=20  Treatment folic acid n=20  Folic acid + thiamine n=20 | Mean 74 | Women >65 years residing in Republic of Ireland, randomly selected from medical registration lists with normal hemoglobin (12.0-18.0 g/dL), hematocrit (0.37-0.52), and vitamin B-12 values (>155  pmol/L) | Use of medications that would interfere with the study medication, use of nutrients or vitamin supplements for 2 months before the baseline period, reported alcohol consumption ≥25 g/wk, plasma magnesium (≤0.7 mmol/L), need of assistance in everyday activities | Daily 400 ug folic acid orally with/without 10 mg thiamine during 6 weeks | 6 weeks | Normal Hb and Ht were inclusion criteria, but no data are reported in paper | |
| Rampersaud | 2000 | n=30 | 60-85 | Healthy post-menopausal women | Use of tobacco products, hormone replacement therapy or antifolate medications; chronic use of alcohol; vegetarianism; body weight > 120% of ideal;  abnormal blood chemistry profile; chronic disease condition such as cardiovascular disease, cancer, diabetes or hypertension | Daily ≈200 or ≈400 ug folate orally during 7 weeks after a 7-week folate-depletion period | 7 and 14 weeks | Haematocrit at baseline and follow-up, no values but ‘did not change significantly over the 14-week study period’ | |