Day 0  
Participants registered (n=51) 
(Dietary history)

Day 1  
Blood collection (Fasting) n=10 *
Pl. vitamin B12, folate 
Holo-TC, tHcy, hematology

Day 15  
Blood collection (Fasting)
Pl. vitamin B12, folate 
Holo-TC, tHcy, hematology 
(n=10*+41)

3 x 200 ml. of milk during the day

Day 16  
Blood Collection (fasting)
Pl. holo-TC (n=10*+41)

2 x 200 ml. of milk every day to participants who had 
Pl. vitamin B12 < 148 pmol/L x 14 days

Day 30  
Blood collection (Fasting), B12 deficient
Hb, Pl. vitamin B12, folate 
Holo-TC, tHcy (n=29)