Supplementary material for:

Cyano-B12 or whey powder with endogenous hydroxo-B12 for supplementation in B12 deficient lactovegetarians

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Supplementary Table S1. Nutritional composition of whey powder (Lacprodan® DI-8290) as per manufacturer's[a] product specifications.

Composition	Amount (dry basis)
Protein %	81,5
Lactose %	2
Fat %	8
Ash %	2.2

[a]*Lacprodan® DI-8290 was procured by Arla Foods Ingredients Group P/S, Viby, Denmark.*

Supplementary Table S2. Fitting parameters of the markers, responding to the treatment with CN–B12 capsules, or whey powder.

Treatment and P_i number	**CN–B12 capsules fitting P_i (p of reference value)**		**whey powder fitting P_i (p of reference value)**	
ΔB12	Equation 1			
$P_1 \pm SE_1$	0.0 ± 18	(1.0)	0.0 ± 4.1	1.0
$P_2 \pm SE_2$	97 ± 20	$(7 \cdot 10^{-6})$	47 ± 13	0.0003
$P_3 \pm SE_3$	0.69 ± 0.42	(0.1)	0.29 ± 0.21	0.17
(p overall)		**$(7 \cdot 10^{-8})$**		**$(5 \cdot 10^{-5})$**
ΔholoTC	Equation 2			
$P_1 \pm SE_1$	0.0 ± 5.0	(1.0)	0.0 ± 2.8	(1.0)
$P_2 \pm SE_2$	60 ± 10	$(9 \cdot 10^{-8})$	38 ± 6	$(3 \cdot 10^{-9})$
$P_3 \pm SE_3$	8.0 ± 0.9	$(2 \cdot 10^{-13})$	8.2 ± 0.9	$(8 \cdot 10^{-16})$
(p overall)		**$(2 \cdot 10^{-20})$**		**$(3 \cdot 10^{-24})$**
R(Hcy)	Equation 2			
$P_1 \pm SE_1$	1.00 ± 0.04	(1.0)	1.00 ± 0.02	(1.0)
$P_2 \pm SE_2$	–0.38 ± 0.09	$(4 \cdot 10^{-5})$	–0.47 ± 0.07	$(6 \cdot 10^{-9})$
$P_3 \pm SE_3$	9.4 ± 1.6	$(9 \cdot 10^{-8})$	6.8 ± 0.7	$(1 \cdot 10^{-17})$
(p overall)		**$(4 \cdot 10^{-12})$**		**$(6 \cdot 10^{-26})$**
R(MMA)	Equation 2			
$P_1 \pm SE_1$	1.00 ± 0.06	(1.0)	1.00 ± 0.05	(1.0)
$P_2 \pm SE_2$	–0.67 ± 0.12	$(1 \cdot 10^{-7})$	–0.34 ± 0.07	$(4 \cdot 10^{-6})$
$P_3 \pm SE_3$	8.2 ± 1.0	$(4 \cdot 10^{-13})$	6.4 ± 1.1	$(1 \cdot 10^{-7})$
(p overall)		**$(5 \cdot 10^{-20})$**		**$(4 \cdot 10^{-13})$**

The bold figures for the overall probabilities highlight the high levels of significance for deviation from a "zero response".