

animal products such as red meat, shellfish,

Intrinsic factor is a glycoprotein produced by parietal cells

hematologic and neurological symptoms.

Signs and symptoms

including:

- Headaches
- Depression
- Pale or yellow skin

- Paraesthesia in hands and feet

- Muscle cramps and weakness

Neurological impairment in older persons is common with

- Paraesthesia
- Gait ataxia

- Altered smell and taste
- Lethargy
- Extrapyrarnidal signs

Helicobacter pylori-related

coeliac disease.

gastric surgery.

- Proton pump inhibitors
- H2-receptor antagonists

especially with higher doses and long-term use.

In a separate study ultrahigh-dose of methylcobalamin,

Treatment