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APPENDIX

Vitamin B₁₂ levels in human milk. (pg./ml.)



No.	Age (yrs.)	Parity	Lacta-tion (d.)	Vitamin B ₁₂	No.	Age (yrs.)	Parity	La.ta-tion (d.)	Vitamin B ₁₂
1	26	2	3	543.1	2	37	1	4	333.7
3	20	2	3	322.8	4	21	2	4	156.3
5	24	1	5	473.9	6	21	1	4	814.1
7	26	2	4	77.9	8	26	1	9	102.7
9	20	1	5	1845.4	10	40	6	4	720.2
11	26	2	6	127.5	12	19	1	4	119.3
13	21	2	3	862.6	14	24	1	3	375.6
15	23	1	5	1298.2	16	30	4	2	457.5
17	26	2	4	104.2	18	20	2	4	120.6
19	27	2	8	268.6	20	36	3	6	259.2
21	26	1	12	70.6	22	24	2	3	254.9
23	42	5	8	547.5	24	20	2	4	475.5
25	18	2	4	375.5	26	20	3	3	319.9
27	17	1	3	186.4	28	23	3	5	63.4
29	27	3	5	560.8	30	21	1	4	563.6
31	27	3	6	73.4	32	18	3	3	168.7
33	22	2	2	711.9	34	21	2	4	142.8
35	27	3	6	343.3	36	26	3	5	525.9
37	19	3	8	200.0	38	28	4	5	159.3
39	21	1	4	250.6	40	22	1	7	130.9
41	15	1	5	479.2	42	40	11	6	100.6
43	24	2	4	293.0	44	20	1	3	283.6

Vitamin B₁₂ levels in human milk (pg./ml., cont.)

No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂	No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂
45	25	1	4	161.3	46	17	1	4	513.2
47	31	4	4	445.7	48	19	1	4	147.3
49	35	6	6	588.5	50	34	3	4	280.9
51	18	1	8	327.4	52	28	4	4	544.9
53	18	1	6	149.0	54	19	1	3	1059.8
55	33	2	3	356.7	56	22	2	3	643.7
57	24	1	4	320.4	58	20	2	4	208.0
59	33	3	4	672.4	60	22	1	5	272.8
61	24	4	7	64.0	62	33	5	3	100.9
63	23	2	5	203.7	64	20	1	3	272.6
65	20	1	4	79.7	66	19	1	4	94.4
67	27	3	3	1059.0	68	35	3	4	93.8
69	23	1	7	305.5	70	26	2	4	294.8
71	25	2	8	168.4	72	25	2	4	104.7
73	21	1	5	112.4	74	28	3	7	230.8
75	28	5	4	294.1	76	23	2	4	249.4
77	17	1	4	344.5	78	23	2	4	70.3
79	24	5	5	264.1	80	19	1	3	486.5
81	24	3	3	607.3	82	23	1	5	168.9
83	24	2	4	206.0	84	27	5	4	299.2
85	25	2	4	85.0	86	21	3	4	217.3
87	28	3	3	65.4	88	22	2	4	306.1

Vitamin B₁₂ levels in human milk (pg./ml., cont.)

No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂	No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂
89	37	5	3	136.5	90	27	4	5	85.0
91	23	4	4	132.6	92	28	4	3	98.4
93	20	1	5	69.8	94	23	3	4	127.2
95	18	1	5	123.3	96	21	2	6	176.5
97	36	4	2	2057.0	98	33	2	2	1394.9
99	37	5	2	1589.0	100	22	3	4	710.4
101	25	3	3	1118.2	102	33	4	7	144.0
103	27	3	3	144.1	104	16	1	2	2110.7
105	19	1	4	509.0	106	21	3	4	100.4
107	19	2	4	354.9	108	27	1	4	480.1
109	22	2	4	518.8	110	28	4	3	1856.3
111	24	2	4	398.7	112	33	5	5	581.4
113	25	3	4	400.3	114	27	3	4	105.1
115	24	2	5	307.6	116	26	3	5	334.4
117	34	3	2	1133.4	118	26	3	5	476.3
119	27	5	4	1051.7	120	23	3	4	1741.7
121	35	5	5	236.1	122	35	7	3	1158.1
123	27	3	4	201.4	124	36	5	4	705.8
125	34	4	5	459.6	126	25	1	5	1134.8
127	22	4	6	111.5	128	20	2	6	126.2
129	32	4	2	1406.3	130	36	1	4	2166.5
131	26	3	4	495.0	132	26	1	4	357.9

Vitamin B₁₂ levels in human milk (pg./ml., cont.)

No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂	No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂
133	33	5	3	1316.6	134	20	2	4	985.5
135	31	5	4	961.5	136	37	4	4	139.5
137	26	4	5	189.2	138	20	1	11	889.1
139	16	1	5	243.0	140	30	3	3	2696.7
141	24	3	4	450.9	142	31	7	5	339.9
143	31	4	3	994.7	144	29	4	4	338.9
145	26	3	5	488.5	146	23	1	9	107.8
147	32	6	3	967.2	148	29	3	3	162.9
149	29	4	2	2609.1	150	28	2	5	129.5
151	28	3	3	150.8	152	25	4	5	841.1
153	30	4	5	94.5	154	34	2	3	905.6
155	27	3	2	3476.9	156	36	1	4	1801.3
157	20	2	5	754.9	158	27	3	6	694.8
159	20	3	4	132.2	160	27	3	5	171.3
161	38	3	5	75.3	162	24	2	5	1635.7
163	25	3	2	909.8	164	26	4	3	1066.7
165	24	5	5	157.3	166	27	4	4	153.6
167	25	3	4	739.4	168	25	3	3	492.2
169	23	3	3	1375.1	170	35	3	4	157.4
171	28	4	5	137.4	172	26	2	3	496.2
173	34	2	4	627.9	174	25	3	4	338.9
175	25	2	4	469.2	176	20	1	4	798.5

Vitamin B₁₂ levels in human milk (pg./ml., cont.)

No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂	No.	Age (yrs.)	Parity	Lacta- -tion (d.)	Vitamin B ₁₂
177	19	1	4	244.8	178	31	6	5	784.4
179	29	2	4	942.0	180	29	3	4	123.3
181	31	4	4	308.3	181	26	3	5	99.2
183	37	2	5	214.3	184	18	1	5	90.4
185	24	3	4	143.3	186	29	2	4	546.5
187	31	3	4	821.9	188	32	4	4	875.1
189	33	5	6	97.1	190	22	4	4	87.7
191	23	3	4	106.1	192	18	2	8	197.3
193	29	3	6	103.7	194	31	5	5	- .
195	20	1	4	1484.7	196	30	8	4	204.2
197	26	1	5	248.4	198	25	3	3	100.0
199	21	3	4	304.1	200	30	3	3	203.3
201	36	7	6	533.5	202	28	5	3	1353.9
203	21	2	4	307.8	204	17	1	4	215.2
205	16	2	5	1064.5	206	22	3	5	268.6
207	25	4	3	279.0	208	24	3	7	103.1
209	24	3	5	95.7	210	29	3	7	87.7
211	32	7	6	421.3	212	35	4	3	646.9
213	36	5	4	323.5	214	26	3	5	165.7
215	30	6	3	1199.6	216	25	1	5	269.9
217	20	1	3	1200.6	218	41	5	5	191.4
219	20	1	6	222.0	220	38	1	4	1034.5

N. = 220; Mean 501.9; SD. 530.4; SEM. 35.7; Range 63.4 - 3476.9

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