



## **Further reading for vegetarians, vegans and those following a macrobiotic diet**

Severe vitamin B12 deficiency in an infant associated with a maternal deficiency and a strict vegetarian diet.

<http://www.ncbi.nlm.nih.gov/pubmed/15087959>

Nutritional vitamin B12 deficiency in a breast-fed infant of a vegan-diet mother.

<http://www.ncbi.nlm.nih.gov/pubmed/3948463>

Brain damage in infancy and dietary vitamin B12 deficiency.

<http://www.ncbi.nlm.nih.gov/pubmed/502936>

Signs of impaired cognitive function in adolescents with marginal cobalamin status.

<http://www.ncbi.nlm.nih.gov/pubmed/10966896>

Effects of vitamin B12 and folate deficiency on brain development in children.

<http://www.ncbi.nlm.nih.gov/pubmed/18709887>