

Patients ≥ 65 years of age assigned to the participating health centres and with no exclusion criteria
N= 3556

Informed consent given?

No

EXCLUSION
No consent given

Yes

Vitamin B12 < 179pg/mL

No

EXCLUSION
Inclusion criteria not met

Yes

Exclusion criteria detected in analytical results

Yes

EXCLUSION
Exclusion criteria detected

No

Randomisation (n=320)

Oral group
n=160

IM group
n=160

Follow-up
8, 26 and 52 weeks