

## Contents

<b>Chapter 1</b>	9
General introduction	
<b>Chapter 2</b>	21
Rationale and design of the B-PROOF study, a randomized controlled trial on the effect of supplemental intake of vitamin B12 and folic acid on fracture incidence	
<b>Chapter 3</b>	41
Cross-sectional and longitudinal association between homocysteine, vitamin B12 and physical performance in older persons	
<b>Chapter 4</b>	59
Elevated homocysteine levels are associated with low muscle strength and functional limitations in older persons	
<b>Chapter 5</b>	77
Homocysteine and the methylenetetrahydrofolate reductase 677C→T polymorphism in relation to muscle mass and strength, physical performance and postural sway	
<b>Chapter 6</b>	95
High circulating folate concentrations are associated with low-grade inflammation: an explanation for the homocysteine paradox?	
<b>Chapter 7</b>	109
Effect of daily vitamin B12 and folic acid supplementation on fracture incidence in elderly individuals with an elevated plasma homocysteine level: B-PROOF, a randomized controlled trial	
<b>Chapter 8</b>	131
A randomized controlled trial to the effect of 2-year supplementation of B-vitamins on physical functioning, strength, and falling: additional findings from the B-PROOF study	

<b>Chapter 9</b>	149
Effect of vitamin B12 and folic acid supplementation on bone mineral density and quantitative ultrasound parameters in older people with an elevated plasma homocysteine level: B-PROOF, a randomized controlled trial	
<b>Chapter 10</b>	169
General discussion	
Summary	193
Samenvatting	199
Acknowledgements	205
Dankwoord	
About the author	211
List of publications	