

Table 2 Mean serum folate and vitamin B₁₂ levels and prevalence of deficiency in men by age group

Age (years)	No.	Folate (ng/mL) Mean (SD)	Vitamin B ₁₂ (pg/mL) Mean (SD)	Low folate level						Low vitamin B ₁₂ level					
				< 1.5 ng/mL		< 3.0 ng/mL		< 5.0 ng/mL		< 160 pg/mL		< 200 pg/mL		< 250 pg/mL	
				No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
20–29	98	4.08 (1.9)	264.6 (167.3)	0	0.0	25	25.5	79	80.6	22	22.4	38	38.8	58	59.2
30–39	111	3.99 (1.5)	237.8 (144.2)	2	1.8	22	19.8	87	78.4	31	27.9	53	47.8	70	63.1
40–49	106	3.89 (1.4)	224.9 (114.8)	2	1.9	24	22.6	86	81.1	32	30.2	42	39.6	68	64.2
50–59	108	3.96 (1.6)	240.9 (156.6)	4	3.7	26	24.0	84	77.8	31	28.7	46	42.6	66	61.1
≥ 60	84	4.39 (1.9)	278.8 (159.4)	0	0.0	15	17.9	61	72.6	26	30.9	35	41.7	50	59.5
Total	507	4.05 (1.7)	247.7 (159.4)	8	1.6	112	22.1	397	78.3	142	28.0	214	42.2	312	61.5