

**Table S4** Baseline characteristics

NR – Not Reported; SD – Standard Deviation.

Author and year	Intervention name	n	Age, mean (SD)	Gender, n (%)		Medical history, n (%)			
				Male	Female	Diabetes	Stroke	Hypertension	Heart disease
<b>Kwok, 2020 (52)</b>	Folic acid + Vitamin B <sub>12</sub>	138	76.9 (5.4)	87 (63.1)	51 (36.9)	NR	NR	NR	NR
	Placebo	141	78 (5.3)	79 (56.1)	62 (43.9)	NR	NR	NR	NR
<b>Ma, 2019a (17)</b>	Folic acid alone	60	68.42 (3.6)	22 (36.7)	38 (63.3)	4 (6.7)	6 (10.0)	5 (8.3)	4 (6.7)
	Vitamin B <sub>12</sub> alone	60	69.47 (2.9)	21 (35)	39 (65)	5 (8.3)	5 (8.3)	6 (10)	5 (8.3)
	Folic acid + Vitamin B <sub>12</sub>	60	69.16 (2.5)	21 (35)	39 (65)	5 (8.3)	5 (8.3)	6 (10.0)	4 (6.7)
	Control	60	68.54 (3.9)	22 (36.7)	38 (63.3)	5 (8.3)	5 (8.3)	5 (8.3)	4 (6.7)
<b>Ma, 2019b (19)</b>	Folic acid	90	74.82 (2.8)	39 (43.3)	51 (56.7)	5 (5.6)	8 (8.9)	7 (7.8)	9 (10.0)
	Control <sup>1</sup>	90	74.63 (3.2)	38 (42.2)	52 (57.8)	4 (4.4)	7 (7.8)	6 (6.7)	9 (10.0)
<b>Lee, 2016 (18)</b>	Vitamin B <sub>6</sub> , B <sub>12</sub> , and folic acid	24	76.1 (5.2)	9 (37.5)	15 (62.5)	15 (62.5)	NR	13 (54.2)	4 (16.7)

<sup>1</sup> Nonpharmacological convention treatment.

	Control	24	78.3 (5.0)	11 (45.8)	13 (54.2)	14 (58.3)	NR	14 (58.3)	3 (12.5)
<b>Blasko, 2012 (35)</b>	Folic acid, Vitamin B <sub>12</sub> , Folic acid + Vitamin B <sub>12</sub> and non-users	81	75.8 (0.4)	25 (30.9)	56 (69.1)	2 (2.5)	18 (22.2)	NR	11 (13.6)
<b>De Jager, 2012 (53)</b>	Vitamin B <sub>6</sub> , B <sub>12</sub> , and folic acid	110	76.8 (5.1)	40 (36.4)	70 (63.6)	5 (4.5)	17 (15.6)	NR	8 (7.3)
	Placebo	113	76.7 (4.8)	40 (35.4)	73 (64.6)	11 (9.7)	23 (20.3)	NR	9 (8)
<b>Schroecksadel, 2006 (51, 54)</b>	Vitamin B <sub>1</sub> , B <sub>6</sub> , B <sub>12</sub> , and folic acid	16	76.6 (1.5)	8 (50)	8 (50)	NR	NR	NR	NR
<b>Lehmann, 2003 (32)</b>	Vitamin B <sub>6</sub> , B <sub>12</sub> , and folic acid	30	72 (5)	17 (56.7)	13 (43.3)	NR	NR	NR	NR