

## 参考文献

- 1) Kleiber M. Body size and metabolic rate. *Physiol Rev* 1947; 27: 511-41.
- 2) West GB, Brown JH, Enquist BJ. A general model for the origin of allometric scaling laws in biology. *Science* 1997; 276: 122-6.
- 3) FAO/WHO/UNU. Energy and protein requirements: report of a Joint FAO/WHO/UNU Expert Consultation (Technical report series. No. 724). WHO, Geneva, 1985.
- 4) Food and Nutrition Board, Institute of Medicine. The B vitamins and choline: overview and methods. In: Institute of Medicine, ed. Dietary reference intakes for thiamine, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, pantothenic acid, biotin, and choline. National Academy Press, Washington D. C., 1998: 27-40.
- 5) 福渡努, 柴田克己. 遊離型ビタミンに対する食事の中のB群ビタミンの相対利用率. *日本家政学会誌* 2008; 59: 403-10.
- 6) 福渡努, 柴田克己. パンを主食とした食事に含まれる水溶性ビタミンの遊離型ビタミンに対する相対利用率. *日本家政学会誌* 2009; 60: 57-63.
- 7) WHO Technical Report Series No. 362. FAO Nutrition Meeting Report Series No. 41. Requirements of vitamin A, thiamine, riboflavin and niacin. Reports of a Joint FAO/WHO Expert Group. Rome, 6-17 September 1965. FAO/WHO, Geneva, 1967: 30-8.
- 8) 井戸田正, 菅原牧裕, 矢賀部隆史, 他. 最近の日本人乳組成に関する全国調査(第十報) —水溶性ビタミン含量について—. *日本小児栄養消化器病学会雑誌* 1996; 10: 11-20.
- 9) Sakurai T, Furukawa M, Asoh M, et al. Fat-soluble and water-soluble vitamin contents of breast milk from Japanese women. *J Nutr Sci Vitaminol* 2005; 51: 239-47.
- 10) 柴田克己, 遠藤美佳, 山内麻衣子, 他. 日本人の母乳中(1~5か月)の水溶性ビタミン含量の分布(資料). *日本栄養・食糧学会誌* 2009; 62: 印刷中.
- 11) 鈴木久美子, 佐々木晶子, 新澤佳代, 他. 離乳前乳児の哺乳量に関する研究. *栄養学雑誌* 2004; 62: 369-72.
- 12) 廣瀬潤子, 遠藤美佳, 柴田克己, 他. 日本人母乳栄養児(0~5ヵ月)の哺乳量. *日本母乳哺育学会誌* 2008; 2: 23-8.
- 13) Iber FL, Blass JP, Brin M. Thiamin in elderly, relation to alcoholism and to neurological degenerative disease. *Am J Clin Nutr* 1982; 36: 1067-82.
- 14) Mills CA. Thiamine overdosage and toxicity. *J Am Med Assoc* 1941; 116: 2101.
- 15) Horwitt MK, Harvey CC, Hills OW, et al. Correlation of urinary excretion of riboflavin with dietary intake and symptoms of ariflavinosis. *J Nutr* 1950; 41: 247-64.
- 16) Davis MV, Oldham HG, Roberts LJ. Riboflavin excretions of young women on diets containing varying levels of the B vitamins. *J Nutr* 1946; 32: 143-61.
- 17) Boisvert WA, Mendoza I, Castaneda C, et al. Riboflavin requirement of healthy elderly humans and its relationship to macronutrient composition of the diet. *J Nutr* 1993; 123: 915-25.
- 18) Schoenen J, Lenaerts M, Bastings E. Rapid communication: high-dose riboflavin as a prophylactic treatment of migraine: results of an open pilot study. *Cephalalgia* 1994; 14: 328-9.

- 19) Zempleni J, Galloway JR, McCormick DB. Pharmacokinetics of orally and intravenously administered riboflavin in healthy humans. *Am J Clin Nutr* 1996; 63: 54-66.
- 20) 文部科学省科学技術・学術審議会資源調査分科会報告. 五訂増補日本食品標準成分表. 国立印刷局, 東京, 2005.
- 21) Carter EG, Carpenter KJ. The bioavailability for humans of bound niacin from wheat bran. *Am J Clin Nutr* 1982; 36: 855-61.
- 22) Horwitt MK, Harper AE, Henderson LM. Niacin-tryptophan relationships for evaluating niacin equivalent. *Am J Clin Nutr* 1981; 34: 423-7.
- 23) Fukuwatari T, Ohta M, Kimura N, et al. Conversion ratio of tryptophan to niacin in Japanese women fed on a purified diet conforming to the Japanese Dietary Reference Intakes. *J Nutr Sci Vitaminol* 2004; 50: 385-91.
- 24) Goldsmith GA, Sarett HP, Register UD, et al. Studies on niacin requirement in man. I. Experimental pellagra in subjects on corn diets low in niacin and tryptophan. *J Clin Invest* 1952; 31: 533-42.
- 25) Goldsmith GA, Rosenthal HL, Gibbens J, et al. Studies on niacin requirement in man. II. Requirement on wheat and corn diets low in tryptophan. *J Nutr* 1955; 56: 371-86.
- 26) Horwitt MK, Harvey CC, Rothwell WS, et al. Tryptophan-niacin relationships in man: Studies with diets deficient in riboflavin and niacin, together with observations on the excretion of nitrogen and niacin metabolites. *J Nutr* 1956; 60: 1-43.
- 27) 柴田克己, 真田宏夫, 湯山駿介, 他. ナイアシン代謝産物排泄量からみた高齢者におけるナイアシン栄養の評価. *ビタミン* 1994; 68: 365-72.
- 28) 和田英子, 福渡努, 佐々木隆造, 他. 高齢者の血液中 NAD (H) および NADP (H) 含量. *ビタミン* 2006; 80: 125-7.
- 29) 渡邊敏明, 谷口歩美, 福井徹, 他. 日本人女性の母乳中ビオチン, パントテン酸およびナイアシンの含量. *ビタミン* 2004; 78: 399-407.
- 30) Shibata K. Effects of ethanol feeding and growth on the tryptophan-niacin metabolism in rats. *Agric Biol Chem* 1990; 54: 2953-9.
- 31) Fukuwatari T, Murakami M, Ohta M et al. Changes in the urinary excretion of the metabolites of the tryptophan-niacin pathway during pregnancy in Japanese women and rats. *J Nutr Sci Vitaminol* 2004; 50: 392-98.
- 32) Rader JI, Calvert RJ, Hathcock JN. Hepatic toxicity of unmodified and time-release preparations of niacin. *Am J Med* 1992; 92: 77-81.
- 33) Winter SL, Boyer JL. Hepatic toxicity from large doses of vitamin B<sub>3</sub> (nicotinamide). *N Engl J Med* 1973; 289: 1180-2.
- 34) McKenney JM, Proctor JD, Harris S, et al. A comparison of the efficacy and toxic effects of sustained-vs immediate-release niacin in hypercholesterolemic patients. *JAMA* 1994; 271: 672-7.
- 35) Pozzilli P, Visalli N, Signore A, et al. Double blind trial of nicotinamide in recent-onset IDDM (the IMDIAB III study). *Diabetologia* 1995; 38: 848-52.
- 36) Gregory JF 3<sup>rd</sup>. Bioavailability of vitamin B<sub>6</sub>. *Eur J Clin Nutr* 1997; 51: S43-8.
- 37) Tarr JB, Tamura T, Stokstad EL. Availability of vitamin B<sub>6</sub> and pantothenate in an

- average American diet in man. *Am J Clin Nutr* 1981; 34: 1328-37.
- 38) Lui A, Lumeng L, Aronoff GR, et al. Relationship between body store of vitamin B<sub>6</sub> and plasma pyridoxal-P clearance: metabolic balance studies in humans. *J Lab Clin Med* 1985; 106: 491-7.
  - 39) Kretsch MJ, Sauberlich HE, Newbrun E. Electroencephalographic changes and periodontal status during short-term vitamin B<sub>6</sub> depletion of young, non-pregnant women. *Am J Clin Nutr* 1991; 53: 1266-74.
  - 40) Leklem JE. Vitamin B<sub>6</sub>: A status report. *J Nutr* 1990; 120: 1503-7.
  - 41) Food and Nutrition Board, Institute of Medicine. Vitamin B<sub>6</sub>. In: Institute of Medicine, ed. Dietary reference intake. National Academy Press, Washington D.C., 1998: 150-95.
  - 42) Bates CJ, Pentieva KD, Prentice A, et al. Plasma pyridoxal phosphate and pyridoxic acid and their relationship to plasma homocysteine in a representative sample of British men and women aged 65 years and over. *Br J Nutr* 1999; 81: 191-201.
  - 43) 伊佐保香, 垣内明子, 早川享志, 他. 日本人の母乳中ビタミンB<sub>6</sub>含量. *ビタミン* 2004; 78: 437-40.
  - 44) Reinken L, Dapunt O. Vitamin B<sub>6</sub> nutriture during pregnancy. *Int J Vitminol Nutr Res* 1978; 48: 341-7.
  - 45) Shaumburg H, Kaplan J, Windebank A, et al. Sensory neuropathy from pyridoxine abuse. *N Engl J Med* 1983; 309: 445-8.
  - 46) Del Tredici AM, Bernstein AL, Chinn K. Carpal tunnel syndrome and vitamin B<sub>6</sub> therapy. In: Reynolds RD, Leklem JE, eds. Vitamin B<sub>6</sub>: its role in health and disease. Current topics in nutrition and disease. Alan R. Liss, New York, 1985: 459-62.
  - 47) 渡辺文雄. ビタミンB<sub>12</sub>の基礎. *Modern physician* 2007; 27: 1213-5.
  - 48) Food and Nutrition Board, Institute of Medicine. Vitamin B<sub>12</sub>. In: Institute of Medicine, ed. Dietary reference intakes: for thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, pantothenic acid, biotin, and choline. National Academy Press, Washington D.C., 1998: 306-56.
  - 49) Watanabe F. Vitamin B<sub>12</sub> sources and bioavailability. *Exp Biol Med* 2007; 232: 1266-74.
  - 50) Scott JM. Bioavailability of vitamin B<sub>12</sub>. *Eur J Clin Nutr* 1997; 51(Suppl 1): S49-53.
  - 51) Berlin H, Berlin R, Brante G. Oral treatment of pernicious anemia with high doses of vitamin B<sub>12</sub> without intrinsic factor. *Acta Med Scand* 1968; 184: 247-58.
  - 52) El Kholty S, Gueant JL, Bressler L, et al. Portal and biliary phases of enterohepatic circulation of corrinoids in humans. *Gastroenterology* 1991; 101: 1399-408.
  - 53) Sullivan LW, Herbert V. Studies on the minimum daily requirement for vitamin B<sub>12</sub>. Hematopoietic responses to 0.1 microgram of cyanocobalamin or coenzyme B<sub>12</sub> and comparison of their relative potency. *N Engl J Med* 1965; 272: 340-6.
  - 54) Darby WJ, Bridgforth EB, Le Brocqy J, et al. Vitamin B<sub>12</sub> requirement of adult man. *Am J Med* 1958; 25: 726-32.
  - 55) Fernandes-Costa F, van Tonder S, Metz J. A sex difference in serum cobalamin and transcobalamin levels. *Am J Clin Nutr* 1985; 41: 784-6.
  - 56) Krasinski SD, Russell RM, Samloff IM, et al. Fundic atrophic gastritis in an elderly

- population: Effect on hemoglobin and several serum nutritional indicators. *J Am Geriatr Soc* 1986; 34: 800-6.
- 57) Scarlett JD, Read H, O'Dea K. Protein-bound cobalamin absorption declines in the elderly. *Am J Hematol* 1992; 39: 79-83.
  - 58) 渡邊敏明, 谷口歩美, 庄子佳文子, 他. 日本人の母乳中の水溶性ビタミン含量についての検討. *ビタミン* 2005; 79: 573-81.
  - 59) Loria A, Vaz-Pinto A, Arroyo P, et al. Nutritional anemia. 6. Fetal hepatic storage of metabolites in the second half of pregnancy. *J Pediatr* 1977; 91: 569-73.
  - 60) Vaz Pinto A, Torras V, Sandoval JF, et al. Folic acid and vitamin B<sub>12</sub> determination in fetal liver. *Am J Clin Nutr* 1975; 28: 1085-6.
  - 61) Mangiarotti G, Canavese C, Salomone M, et al. Hypervitaminosis B<sub>12</sub> in maintenance hemodialysis patients receiving massive supplementation of vitamin B<sub>12</sub>. *Int J Artif Organs* 1986; 9: 417-20.
  - 62) Clarke R, Briks J, Nexø E, et al. Low vitamin B-12 status and risk of cognitive decline in older adults. *Am J Clin Nutr* 2007; 86: 1384-91.
  - 63) McEvoy AW, Fenwick JD, Boddy K, et al. Vitamin B<sub>12</sub> absorption from the gut does not decline with age in normal elderly humans. *Age Ageing* 1982; 11: 180-3.
  - 64) Blacher J, Czernichow S, Raphaël M, et al. Very low oral doses of vitamin B-12 increase serum concentrations in elderly subjects with food-bound vitamin B-12 malabsorption. *J Nutr* 2007; 137: 373-8.
  - 65) Tucker KL, Olson B, Bakun P, et al. Breakfast cereal fortified with folic acid, vitamin B-6, and vitamin B-12 increases vitamin concentrations and reduces homocysteine concentrations: a randomized trial. *Am J Clin Nutr* 2004; 79: 805-11.
  - 66) Bor MV, Olsen EL, Møller J, et al. A daily intake of approximately 6 microg vitamin B-12 appears to saturate all the vitamin B-12-related variables in Danish postmenopausal women. *Am J Clin Nutr* 2006; 83: 52-8.
  - 67) Gregory JF 3<sup>rd</sup>. Chemical and nutritional aspects of folate research: analytical procedures, methods of folate synthesis, stability, and bioavailability of dietary folates. *Adv Food Nutr Res* 1989; 33: 1-101.
  - 68) Tamura T, Stokstad EL. The availability of food folate in man. *Br J Haematol* 1973; 25: 513-32.
  - 69) Konings EJ, Troost FJ, Castenmiller JJ, et al. Intestinal absorption of different types of folate in healthy subjects with an ileostomy. *Br J Nutr* 2002; 88: 235-42.
  - 70) Sauberlich HE, Kretsch MJ, Skala JH, et al. Folate requirement and metabolism in nonpregnant women. *Am J Clin Nutr* 1987; 46: 1016-28.
  - 71) Milne DB, Johnson LK, Mahalko JR, et al. Folate status of adult males living in a metabolic unit: possible relationships with iron nutrition. *Am J Clin Nutr* 1983; 37: 768-73.
  - 72) O'Keefe CA, Bailey LB, Thomas EA, et al. Controlled dietary folate affects folate status in nonpregnant women. *J Nutr* 1995; 125: 2717-25.
  - 73) Cuskelly GJ, McNulty H, Scott JM. Effect of increasing dietary folate on red-cell folate: implications for prevention of neural tube defects. *Lancet* 1996; 347: 657-9.

- 74) Brouwer IA, van Dusseldorp M, West CE, et al. Dietary folate from vegetables and citrus fruit decreases plasma homocysteine concentrations in humans in a dietary controlled trial. *J Nutr* 1999; 129: 1135-9.
- 75) Venn BJ, Green TJ, Moser R, et al. Comparison of the effect of low-dose supplementation with L-5-methyltetrahydrofolate or folic acid on plasma homocysteine: a randomized placebo-controlled study. *Am J Clin Nutr* 2003; 77: 658-62.
- 76) Wolfe JM, Bailey JB, Herrlinger-Garcia K, et al. Folate catabolite excretion is responsive to changes in dietary folate intake in elderly women. *Am J Clin Nutr* 2003; 77: 919-23.
- 77) McPartlin J, Halligan A, Scott JM, et al. Accelerated folate breakdown in pregnancy. *Lancet* 1993; 341: 148-9.
- 78) Chanarin I, Rothman D, Ward A, et al. Folate status and requirement in pregnancy. *Br Med J* 1968; 2: 390-4.
- 79) Daly S, Mills JL, Molloy AM, et al. Minimum effective dose of folic acid for food fortification to prevent neural-tube defects. *Lancet* 1997; 350: 1666-9.
- 80) Smith AD. Folic acid fortification: the good, the bad, and puzzle of vitamin B-12. *Am J Clin Nutr* 2007; 85: 3-5.
- 81) Dolnick BJ, Cheng Y-C. Human thymidylate synthetase. II. Derivatives of pteroylmono- and-polyglutamates as substrates and inhibitors. *J Biol Chem* 1978; 253: 3563-7.
- 82) Allegra CJ, Drake JC, Jolivet J, et al. Inhibition of phosphoribosylaminoimidazolecarboxamide transformylase by methotrexate and dihydrofolic acid polyglutamates. *Proc Natl Acad Sci* 1985; 82: 4881-5.
- 83) Matthews RG, Baugh CM. Interaction of pig liver methylenetetrahydrofolate reductase with methylenetetrahydropteroylpolyglutamate substrates and with dehydropteroylpolyglutamate inhibitors. *Biochemistry* 1980; 19: 2040-5.
- 84) Food and Nutrition Board, Institute of Medicine. Folate. In: Institute of Medicine, ed. *Dietary reference intakes: for thiamine, riboflavin, niacin, vitamin B<sub>6</sub>, folate, vitamin B<sub>12</sub>, pantothenic acid, biotin, and choline*. National Academy Press, Washington D.C., 1998: 196-305.
- 85) Tamura T, Picciano MF. Folate and human reproduction. *Am J Clin Nutr* 2006; 83: 993-1016.
- 86) Berry RJ, Erickson JD, Li S, et al. Prevention of neural-tube defects with folic acid in China-U.S. Collaborative Project for Neural Tube Defect Prevention. *N Engl J Med* 1999; 341: 1485-90.
- 87) Mulinare J, Cordero JF, Erickson JD, et al. Periconceptional use of multivitamins and the occurrences of neural tube defects. *JAMA* 1988; 260: 3141-5.
- 88) Milunsky A, Jick H, Jick SS, et al. Multivitamin/folic acid supplementations in early pregnancy reduces the prevalence of neural tube defects. *JAMA* 1989; 262: 2847-52.
- 89) Laurence KM, James N, Miller MH, et al. Double-blind randomized controlled trial of folate treatment before conceptions to prevent recurrence of neural-tube defects. *Br Med J* 1981; 282: 1509-11.
- 90) Smithells RW, Nevin NC, Seller MJ, et al. Further experience of vitamin supplementation

- for prevention of neural tube defect recurrences. *Lancet* 1983; 1: 1027-31.
- 91) Vergel RG, Sanchez LR, Heredero BL, et al. Primary prevention of neural defects with folic acid supplementation: Cuban experience. *Prenat Diagn* 1990; 10: 149-52.
  - 92) Czeizel AE, Dudas I. Prevention of the first occurrence of neural-tube defects by periconceptional vitamin supplementation. *N Engl J Med* 1992; 327: 1832-5.
  - 93) Lumley J, Watson L, Watson M, et al. Periconceptional supplementation with folate and/or multivitamins for preventing neural tube defects. *Cochrane Database Syst Rev* 2001: CD001056.
  - 94) Goldberg BB, Alvarado S, Chavez C, et al. Prevalence of periconceptional folic acid use and perceived barriers to the postgestation continuance of supplemental folic acid: survey results from a Teratogen Information Service. *Birth Defects Res A Clin Mol Teratol* 2006; 76: 193-9.
  - 95) Daly LE, Kirke PN, Molloy A, et al. Folate levels and neural tube defects. Implications for prevention. *JAMA* 1995; 274: 1698-702.
  - 96) Akar N, Akar E, Deda G, et al. Spina bifida and common mutations at the homocysteine metabolism pathway. *Clin Genet* 2000; 57: 230-1.
  - 97) Botto LD, Yang Q. 5,10-Methylenetetrahydrofolate reductase gene variants and congenital anomalies: a HuGE review. *Am J Epidemiol* 2000; 151: 862-77.
  - 98) Cunha AL, Hirata MH, Kim CA, et al. Metabolic effects of C677T and A1298C mutations at the MTHFR gene in Brazilian children with neural tube defects. *Clin Chim Acta* 2002; 318: 139-43.
  - 99) de Franchis R, Buoninconti A, Mandato C, et al. The C677T mutation of the 5,10-methylenetetrahydrofolate reductase gene is a moderate risk factor for spina bifida in Italy. *J Med Genet* 1998; 35: 1009-13.
  - 100) De Marco P, Calevo MG, Moroni A, et al. Polymorphisms in genes involved in folate metabolism as risk factors for NTDs. *Eur J Pediatr Surg* 2001; 11(Suppl 1): S14-7.
  - 101) Martinez de Villarreal LE, Delgado-Enciso I, Valdez-Leal R, et al. Folate levels and N(5), N(10)-methylenetetrahydrofolate reductase genotype (MTHFR) in mothers of offspring with neural tube defects: a case-control study. *Arch Med Res* 2001; 32: 277-82.
  - 102) van Rooij IA, Ocke MC, Straatman H, Zielhuis GA, et al. Periconceptional folate intake by supplement and food reduces the risk of nonsyndromic cleft lip with or without cleft palate. *Prev Med* 2004; 39: 689-94.
  - 103) Shaw GM, Rozen R, Finnell RH, et al. Infant C677T mutation in MTHFR, maternal periconceptional vitamin use, and cleft lip. *Am J Med Genet* 1998; 80: 196-8.
  - 104) Junker R, Kotthoff S, Vielhaber H, et al. Infant methylenetetrahydrofolate reductase 677TT genotype is a risk factor for congenital heart disease. *Cardiovasc Res* 2001; 51: 251-4.
  - 105) Voutilainen S, Rissanen TH, Virtanen J, et al. Low dietary folate intake is associated with an excess incidence of acute coronary events: The Kuopio Ischemic Heart Disease Risk Factor Study. *Circulation* 2001; 103: 2674-80.
  - 106) Ishihara J, Iso H, Inoue M, et al. Intake of folate, vitamin B6 and vitamin B12 and the risk of CHD: the Japan Public Health Center-Based Prospective Study Cohort I. *J Am Coll*

- Nutr 2008; 27: 127-36.
- 107) Weng LC, Yeh WT, Bai CH, et al. Is ischemic stroke risk related to folate status or other nutrients correlated with folate intake? *Stroke* 2008; 39: 3152-8.
  - 108) Wang X, Qin X, Demirtas H, et al. Efficacy of folic acid supplementation in stroke prevention: a meta-analysis. *Lancet* 2007; 369: 1876-82.
  - 109) Toole JF, Malinow MR, Chambless LE, et al. Lowering homocysteine in patients with ischemic stroke to prevent recurrent stroke, myocardial infarction, and death: the Vitamin Intervention for Stroke Prevention (VISP) randomized controlled trial. *JAMA* 2004; 291: 565-75.
  - 110) 厚生労働省. 平成 17 年国民健康・栄養調査報告, 東京, 2007.
  - 111) 厚生労働省. 平成 18 年国民健康・栄養調査報告, 東京, 2009.
  - 112) Kimura N, Fukuwatari T, Sasaki R, et al. Vitamin intake in Japanese women college students. *J Nutr Sci Vitaminol* 2003; 49: 149-55.
  - 113) Haslam RHA, Dalby JT, Rademaker AW. Effects of megavitamin therapy on children with attention deficit disorders. *Pediatrics* 1984; 74: 103-11.
  - 114) Iyengar GV, Wolf WR, Tanner JT, et al. Content of minor and trace elements, and organic nutrients in representative mixed total diet composites from the USA. *Sci Total Environ* 2000; 256: 215-26.
  - 115) 齋東由紀, 牛尾房雄. トータルダイエツト調査による東京都民のビオチン, ビタミン B<sub>6</sub>, ナイアシンの一日摂取量の推定. *栄養学雑誌* 2004; 62: 165-9.
  - 116) 渡邊敏明, 谷口歩美. トータルダイエツト調査によるビオチン摂取量の推定についての検討. *日本臨床栄養学会雑誌* 2006; 27: 304-12.
  - 117) Murakami T, Yamano T, Nakama A, et al. Estimation of dietary intake of biotin and its measurement uncertainty using total diet samples in Osaka, Japan. *JAOAC Int* 2008; 91: 1402-8.
  - 118) 渡邊敏明, 谷口歩美. 日本における食事からのビオチン摂取量の推定. *ビタミン* 2009; 83: 印刷中.
  - 119) Hirano M, Honma K, Daimatsu T, et al. Longitudinal variations of biotin content in human milk. *Int J Vitam Nutr Res* 1992; 62: 281-2.
  - 120) Mock DM, Quirk JG, Mock NI. Marginal biotin deficiency during normal pregnancy. *Am J Clin Nutr* 2002; 75: 295-9.
  - 121) Roth KS, Yang W, Foreman WJW, et al. Holocarboxylase synthetase deficiency: A biotin-responsive organic acidemia. *J Pediatr* 1980; 96: 845-9.
  - 122) Levine M, Rumsey SC, Daruwala R, et al. Criteria and recommendations for vitamin C intake. *JAMA* 1999; 281: 1415-23.
  - 123) 辻村卓志, 青野浩二, 関知子. ヒトにおけるデヒドロアスコルビン酸のビタミン C 効力 [I]—経口負荷後の経時的ビタミン C 尿中排泄—. *ビタミン* 2006; 80: 281-5.
  - 124) Levine M, Conry-Cantilena C, Wang Y, et al. Vitamin C pharmacokinetics in healthy volunteers: evidence for a recommended dietary allowance. *Proc Natl Acad Sci USA* 1996; 93: 3704-9.
  - 125) Levine M, Wang Y, Padayatty SJ, et al. A new recommended dietary allowance of vitamin

- C for healthy young women. *Proc Natl Acad Sci USA* 2001; 98: 9842-6.
- 126) Hodges RE, Hood J, Canham JE, et al. Clinical manifestations of ascorbic acid deficiency in man. *Am J Clin Nutr* 1971; 24: 432-43.
  - 127) Gey KF. Vitamins E plus C and interacting conutrients required for optimal health. A critical and constructive review of epidemiology and supplementation data regarding cardiovascular disease and cancer. *Biofactors* 1998; 7: 113-74.
  - 128) Brubacher D, Moser U, Jordan P. Vitamin C concentrations in plasma as a function of intake: a meta-analysis. *Int J Vitam Nutr Res* 2000; 70: 226-37.
  - 129) Food and Nutrition Board, Institute of Medicine. Vitamin C. In: Institute of Medicine, ed. Dietary reference intakes for vitamin C, vitamin E, selenium, and carotenoids. National Academy Press, Washington D.C., 2000: 95-185.
  - 130) Blanchard J, Tozer TN, Rowland M. Pharmacokinetic perspectives on megadoses of ascorbic acid. *Am J Clin Nutr* 1997; 66: 1165-71.
  - 131) Hathcock JN, Azzi A, Blumberg J, et al. Vitamins E and C are safe across a broad range of intakes. *Am J Clin Nutr* 2005; 81: 736-45.
  - 132) Traxer O, Huet B, Poindexter J, et al. Effect of ascorbic acid consumption on urinary stone risk factors. *J Urol* 2003; 170: 397-401.
  - 133) Massey LK, Liebman M, Kynast-Gales SA. Ascorbate increases human oxaluria and kidney stone risk. *J Nutr* 2005; 135: 1673-7.
  - 134) Cameron E, Campbell A. The orthomolecular treatment of cancer. II. Clinical trial of high-dose ascorbic acid supplements in advanced human cancer. *Chem Biol Interact* 1974; 9: 285-315.
  - 135) EFSA. Opinion of the Scientific Panel on Dietetic Products, Nutrition and Allergies on a request from the Commission related to the tolerable upper intake level of vitamin C. *The EFSA Journal* 2004; 59: 1-21.
  - 136) Kallner AB, Hartmann D, Hornig DH. On the requirements of ascorbic acid in man: steady-state turnover and body pool in smokers. *Am J Clin Nutr* 1981; 34: 1347-55.
  - 137) Tribble DL, Giuliano LJ, Fortmann SP. Reduced plasma ascorbic acid concentrations in nonsmokers regularly exposed to environmental tobacco smoke. *Am J Clin Nutr* 1993; 58: 886-90.
  - 138) Preston AM, Rodriguez C, Rivera CE, et al. Influence of environmental tobacco smoke on vitamin C status in children. *Am J Clin Nutr* 2003; 77: 167-72.