[illegible] B [illegible].

[illegible] B12 [illegible] (B9) [illegible] – [illegible]:

[illegible] B [illegible] (фолиевая кислота) [illegible].

[illegible]:

Phoca PDF

[illegible] B12 [illegible]

[illegible]

[illegible] B [illegible] B12 [illegible]

[illegible] (B2) [illegible] B12 B6 [illegible] LDL [illegible] (B3) [illegible] HDL [illegible] B6 [illegible]

Phoca PDF

[illegible]

[illegible]:

[How B Vitamins Can Affect Brain and Heart Health – Tufts University (July 23, 2025)](https://now.tufts.edu/2025/07/23/how-b-vitamins-can-affect-brain-and-heart-health)

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