### Elevation of Total Homocysteine in the Serum of Patients with Cobalamin or Folate Deficiency Detected by Capillary Gas Chromatography–Mass Spectrometry

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#### Abstract

To determine if levels of serum total homocysteine are elevated in patients with either cobalamin or folate deficiency, we utilized a new capillary gas chromatographic-mass spectrometric technique to measure total homocysteine in the serum of 78 patients with clinically confirmed cobalamin deficiency and 19 patients with clinically confirmed folate deficiency. Values ranged from 11 to 476 µmol/liter in the cobalamin-deficient patients and 77 of the 78 patients had values above the normal range of 7-22 µmol/liter as determined for 50 normal blood donors. In the cobalamin-deficient patients, serum total homocysteine was positively correlated with serum folate, mean corpuscular volume, serum lactate dehydrogenase, serum methylmalonic acid, and the degree of neurologic involvement, and inversely correlated with platelets and hematocrit. In the folate-deficient patients, values for serum total homocysteine ranged from 17 to 185 µmol/liter and 18 of the 19 patients had values above the normal range. Some patients with pernicious anemia who were intermittently treated with cyanocobalamin were found to have elevated serum levels of total homocysteine while they were free of hematologic and neurologic abnormalities. The measurement of serum total homocysteine will help define the incidence of cobalamin deficiency and folate deficiency in various patient populations.

#### Introduction

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At present the diagnosis of cobalamin (Cbl,<sup>1</sup> vitamin B12) deficiency and folate deficiency are almost entirely dependent on the demonstration of low serum levels of the vitamins in patients with supportive clinical and laboratory findings. The limitations in using only the serum Cbl level to detect Cbl deficiency have been widely recognized (1–4). For example, the significance of the high incidence of low serum Cbl values in elderly subjects without hematologic abnormalities (5, 6),

and in patients who have various neuropsychiatric abnormalities (7, 8), is not known. Other tests (9), such as the deoxyuridine suppression test, have not been widely used to assess patients for Cbl deficiency.

The diagnosis of folate deficiency can also be problematic for several reasons. For instance, after acute dietary deprivation, serum folate levels may be decreased, although tissue folate levels are adequate (10). In the setting of chronic alcoholism, the laboratory features of megaloblastic anemia due to folate deficiency may be confused by concurrent illness. Serum and red blood cell folate may be normal in patients with alcoholism and megaloblastic anemia (11). Finally, because many of the clinical and laboratory features of Cbl and folate deficiency are similar, it is often difficult to distinguish between them (12), and the administration of folic acid alone to a patient with Cbl deficiency is dangerous (13). Therefore, as in Cbl deficiency would be useful.

In both Cbl and folate deficiency, it is likely that there is reduced activity of the Cbl-dependent enzyme, methionine synthetase (tetrahydropteroylglutamate methyltransferase), which simultaneously methylates homocysteine to methionine while demethylating N5-methyltetrahydrofolate to tetrahydrofolate, as shown in Fig. 1. The reduced folates formed from this reaction are necessary for thymidine synthesis and ultimately DNA synthesis, and the methionine formed participates in the methylation of many compounds (14). If methionine synthetase activity is decreased by a deficiency of Cbl or folate, serum homocysteine levels might increase and methionine levels might decrease, although regulation of other enzymes in the pathway shown in Fig. 1 might maintain levels of one or both of these amino acids within normal limits. A few (15-20) but not all (21-24) children with severe Cbl deficiency have been reported to have increased levels of homocystine in their urine and plasma, along with decreased levels of plasma methionine. An early study (25) reported that plasma methionine levels were low in adults with Cbl deficiency. In addition, excretion of large amounts of homocystine in the urine has been reported in patients with various inherited defects affecting the activity of methionine synthetase such as the inability to form methylcobalamin (Cbl C and Cbl D mutants) (26, 27), and an inability to form N5-methyltetrahydrofolate due to 5,10-methylenetetrahydrofolate reductase deficiency (28, 29). However, homocystinuria was not present in patients with transcobalamin II deficiency (30), a patient with a lysosomal block in Cbl transport (31), or in a patient with congenital folate malabsorption (32), all of whom had hematologic abnormalities that would be associated with a decrease in methionine synthetase activity.

We have developed a new capillary gas chromatographic-

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<sup>1.</sup> Abbreviations used in this paper: Cbl, cobalamin; CN-Cbl, cyano-Cbl; Hct, hematocrit; LDH, lactate dehydrogenase; MCV, mean corpuscular volume.

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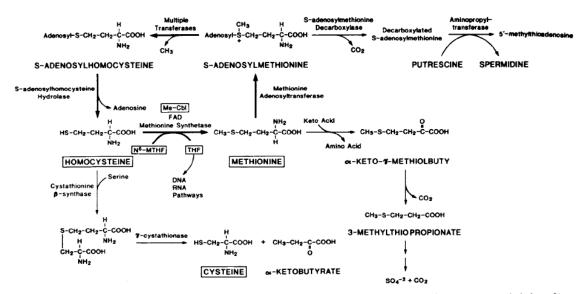


Figure 1. Various pathways involved in the metabolism of methionine including the methylcobalamin-dependent methylation of homocysteine to form methionine by the enzyme, methionine synthetase.

mass spectrometric assay for serum methylmalonic acid and have shown that 69 out of 73 patients with clinically confirmed Cbl deficiency have elevated values (33). We have recently developed similar assays (24) for the quantitation of total homocysteine, methionine, and total cysteine in serum and now report on the measurement of these amino acids in a large number of patients with clinically confirmed deficiencies of Cbl and folate.

#### Methods

Assay of total homocysteine,<sup>2</sup> methionine, and total cysteine.<sup>2</sup> Serum total homocysteine, methionine, and total cysteine were assayed using capillary gas chromatography-mass spectrometry as previously described in detail (34). Briefly, 50 µl of H2O containing 5 nmol of D,L-[3,3,3',3'4,4,4'4'-2H<sub>8</sub>]homocystine (98.4%), 15 nmol of L-[methyl-<sup>2</sup>H<sub>3</sub>]methionine (98%), and 25 nmol of D,L-[3,3,3',3'-<sup>2</sup>H<sub>4</sub>]cystine (98%), is added to 100  $\mu$ l of human serum. The sample is then heated with 2-mercaptoethanol in order to reduce and release endogenous homocysteine and cysteine from proteins and other disulfides and to equilibrate them with their stable isotope internal standards, which are also reduced during this procedure. Protein is then precipitated with sulfosalicylic acid and the supernatant is partially purified by sequential cation exchange and anion exchange chromatography. The t-butyldimethylsilyl derivatives of the amino acids are formed with Nmethyl-(t-butyldimethylsilyl)trifluoroacetamide, followed by their extraction into hexane and volume reduction using a stream of nitrogen.

The samples are analyzed on a Durabond DB-1 fused silica capillary column (30 m  $\times$  0.25 mm i.d., 0.25  $\mu$ m film thickness) from J&W Scientific, Inc. (Rancho Cordova, CA) and a Hewlett-Packard Co. (Palo Alto, CA) 5992B gas chromatograph-mass spectrometer equipped with a falling needle injector. Quantitation is based on the ratio of the areas of the base peak ion 420.2 for homocysteine, 320.2 for methionine, and 406.2 for cysteine, each of which elutes at a different time, to the areas of the base peak ions of 424.2, 323.2, and 408.2 for the derivatives of their respective stable isotope internal standards. Total homocysteine, methionine, and total cysteine are very stable in collected serum since no change or trend in values for these amino acids was noted in a sample of pooled normal human serum that was frozen, thawed, and assayed > 30 times over a 12-mo period.

Values of serum total homocysteine obtained with blood samples that were drawn and immediately centrifuged at 4°C were the same (< 10% difference) as those obtained with portions of the same blood samples that were incubated at room temperature for 1 h before centrifugation, but increased by ~ 35 and 75% when the incubation was prolonged for 4 and 24 h, respectively, before centrifugation. Values for serum methionine were unchanged at 1 h and increased by 10 and 25% at 4 and 24 h, respectively. Values for serum total cysteine were unchanged over the 24-h incubation period. Values for urine total homocysteine, total cysteine, and total methionine were unchanged when urine samples were incubated at room temperature for 0–24 h. Serum samples and the internal standards of homocysteine, methionine, and cysteine were stable for > 1 yr, based on their gas chromatographic-mass spectrometric behavior, when stored at -20°C in between numerous freezings and thawings over this time period.

Subjects and patients. Serum samples from 50 normal blood donors, 25 males and 25 females, ranging in age from 18 to 65 yr were obtained as described previously (35). Patient samples were selected by Dr. Lindenbaum from an extensive serum collection that has been assembled over the past 15 yr. Both the normal and the patient samples were allowed to clot for  $\sim 1-4$  h at room temperature before the serum was removed and stored at  $-20^{\circ}$ C. Thus, postcollection increases for total homocysteine and methionine should have been modest and similar in both the normal and patient groups (see above). The diagnosis of Cbl deficiency was based on low serum Cbl levels, megaloblastic bone marrow morphology, appropriate hematologic or neurologic abnormalities, and a significant response to treatment with parenteral Cbl. The diagnosis of pernicious anemia was based on a abnormal

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<sup>2.</sup> The term "total homocysteine" as applied to biologic samples such as serum and urine refers to the sum of homocysteine and the homocysteine that is linked via disulfide bond formation in a variety of compounds that include homocystine (homocysteine-homocysteine disulfide), homocysteine-cysteine mixed disulfide, proteins via their cysteine moieties, and peptides such as glutathione via their cysteine moieties. The term "total cysteine" is used in the same way and refers to the sum of cysteine and the cysteine linked via disulfide bond formation in compounds such as cystine (cysteine-cysteine disulfide), homocysteine-cysteine mixed disulfide, and proteins and peptides via their cysteine moieties.

Schilling test that corrected with exogenous intrinsic factor and/or the presence of anti-intrinsic factor-blocking antibodies in the serum. The diagnosis of folate deficiency was based on low serum folate values, normal or elevated serum Cbl values, megaloblastic bone marrow morphology, appropriate hematologic abnormalities, and responses to folic acid therapy. In 17 of the patients there was a history of alcoholism and poor diet; one had history of poor diet alone, and one had tropical sprue. The samples in the Cbl-deficient infrequently treated group were from patients with pernicious anemia who were previously diagnosed as Cbl deficient as described above, but who received only intermittent treatment with parenteral Cbl at intervals of 6-9 mo due to poor compliance or as part of studies of Cbl requirements to be reported elsewhere. They had low, borderline, or normal levels for serum Cbl, lacked hematologic and neurologic abnormalities, and were asymptomatic at the time the samples were collected. Serum Cbl levels were assayed using the Lactobacillus leichmannii method or a number of radiodilution assays utilizing purified intrinsic factor or gastric juice with > 95% of Cbl binding activity due to intrinsic factor. These assays were performed in Dr. Lindenbaum's laboratory where it has been found that very similar patient values and normal ranges are obtained with all of the various Cbl assays. Serum folate was assayed with the Lactobacillus casei method or by milk binder radiodilution assay. Most of the patients' samples were coded in a manner such that the categories to which they belonged and the number of patients in each category were not known by the personnel involved in the performance of the total homocysteine, methionine, and total cysteine assays, until after the results were reported to Dr. Lindenbaum. A large number of Dr. Lindenbaum's samples from patients without Cbl or folate deficiency have been assaved and found to have normal values for these amino acids, thus ruling out the possibility that elevated values might arise due to storage in the freezers used in Dr. Lindenbaum's laboratory.

Statistical methods. A number of factors were examined individually for possible relationships with serum total homocysteine, methionine, and total cysteine. For factors that were discreet, such as sex, race, and diagnosis, the Wilcoxon two-sample test was used to determine the significance of the relation. For assessing possible relationships with neurologic severity, groups 0, 1, and 2 (as defined in Table I) were combined and compared with combined groups 3 and 4. Factors that were continuous, such as age or mean corpuscular volume (MCV), were examined using Spearman correlation coefficients.

#### Results

The values obtained for serum total homocysteine, methionine, and serum total cysteine for the normal subjects and patients in the various categories are shown in Fig. 2. In the Cbl-deficient group, 77 of the 78 patients had values for serum total homocysteine above the normal range of 7-22  $\mu$ mol/liter. The highest value was 476 µmol/liter and the median value was 113  $\mu$ mol/liter. In the folate-deficient group, 18 of the 19 patients had serum total homocysteine levels above the normal range. The highest value in this group was 185 µmol/liter and the median value was 67 µmol/liter. In the Cbl-deficient infrequently treated group, 13 of the 18 patients had elevated values that ranged as high as 47 µmol/liter at a time when they did not have hematologic or neurologic abnormalities. Of the thirteen patients with elevated total homocysteine values, serum L. leichmannii Cbl concentrations were low (88-180 pg/ml) in nine, two others were assayed by radiodilution and were both low at 115 pg/ml, and two were normal by the L. leichmannii method at 205 and 275 pg/ml, respectively. Of the five patients with normal total homocysteine values, two had low Cbl values by radioassay and one by the L. leichmannii method.

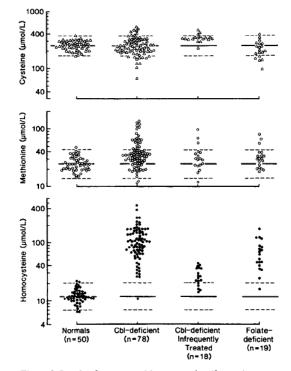


Figure 2. Levels of serum total homocysteine (bottom), serum methionine (middle), and serum total cysteine (top) in patients with clinically confirmed Cbl deficiency, folate deficiency, and Cbl-deficient infrequently treated patients who had no hematologic or neurologic abnormalities, using capillary gas chromatography-mass spectrometry. The normal range for total homocysteine is  $(7-22 \mu mol/liter)$ , for methionine  $(14-44 \mu mol/liter)$ , and for cysteine  $(173-378 \mu mol/$ liter). These ranges were calculated as the mean $\pm 2$  SD after log transformation to correct for skewness towards higher values.

To determine if the elevations of serum total homocysteine were due to Cbl or folate deficiency and not due to illness in general, we studied 25 consecutive patients (13 hospitalized, 12 outpatients; age, 25-86 yr) who had sera submitted for serum Cbl and serum folate assays and in whom the Cbl values were > 500 pg/ml (normal, 200-1,000 pg/ml) and the folate values were > 5 ng/ml (normal, 3-20 ng/ml). Of the 25 patients, 21 had values within the normal range of 7-22  $\mu$ mol/ liter (mean for the 21 patients, 13.7 µmol/liter) and 1 had a very slightly elevated value of 22.5 µmol/liter. Significantly elevated values of 32.6 and 27.4 µmol/liter were observed in two patients with chronic renal failure who had serum creatinine values of 5.6 and 13.3 mg/dl, respectively. Various forms of homocysteine have been previously reported to be elevated in the plasma of patients with renal failure (36, 37). We are currently studying the incidence of elevated total homocysteine values in chronic renal failure. Preliminary results indicate that total homocysteine is elevated in many but not all such patients. A significantly elevated value of 34.4 µmol/liter was also observed in one patient with Cbl deficiency since 1984, who had been intermittently treated with Cbl. The patient had not been treated for several months but had a serum Cbl of > 2,000 pg/ml because a Cbl injection was given 10-15min before the blood was drawn for the Cbl assay. Taken

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together, these results indicate that serum total homocysteine is not elevated in most ill patients.

In the Cbl-deficient group values for serum methionine were below the normal range of  $14-44 \ \mu mol/liter$  in only 2 of the 78 patients and above the normal range in 20 patients. Of the 19 folate-deficient patients, 3 had values above the normal range as did 3 of the 18 Cbl-deficient infrequently treated patients. None of the folate-deficient patients and only one of the Cbl-deficient infrequently treated patients had a value for serum methionine below the normal range.

Total serum cysteine was below the normal range in 11 of 78 Cbl-deficient patients, 4 of 19 folate-deficient patients, and none of the Cbl-deficient infrequently treated patients. It was above the normal range in 7 of 78 Cbl-deficient patients, 1 of the 19 folate-deficient patients, and 3 of the 18 Cbl-deficient infrequently treated patients.

The clinical data for the 78 Cbl-deficient patients in addition to their serum total homocysteine, methionine, total cysteine, and methylmalonic acid values are shown in Table I. They are arranged in descending order of their serum total homocysteine values. There was a significant positive correlation between serum total homocysteine and serum folate (r = 0.27, P < 0.05), MCV (r = 0.23, P < 0.05), serum lactatedehydrogenase (LDH) (r = 0.34, P < 0.01), and serum methylmalonic acid (r = 0.74, P < 0.0001). There was a significant negative correlation between serum total homocysteine and platelets (r = -0.26, P < 0.05), and hematocrit (Hct) (r= -0.26, P < 0.05). Patients with more severe neurologic abnormalities (groups 3 and 4) had higher serum total homocysteine levels (166±98 mean±SD, median 145 µmol/liter) than those with no or less severe abnormalities (groups 0-2)  $(105\pm65 \text{ mean}\pm\text{SEM}, \text{ median } 89 \ \mu\text{mol/liter}) (P < 0.01).$ Serum total homocysteine was not significantly correlated with serum Cbl (r = -0.20, P < 0.08). There was no significant correlation between serum total homocysteine and any of the following: serum methionine, serum total cysteine, sex, race, etiology, presence of anti-intrinsic factor antibody, and presence of glossitis.

Serum methionine was not significantly correlated with any of the parameters mentioned above and significant differences were not observed between any of the various subgroups.

The hematologic data presented in Table I on the 77 Cbldeficient patients with elevated levels of total homocysteine, demonstrates wide variations in their degree of anemia, macrocytosis, and other abnormalities. For instance, only 32 (42%) had a severe anemia (Hct < 25%), while 27 (35%) had only a moderate degree of anemia (Hct, 25–34% for females, 25–39% for males), and 18 (23%) were not anemic at all. Only 45 (58%) of the patients had a marked elevation in MCV (> 110 fl), while 23 (30%) had only a moderate elevation of MCV (101–110 fl), and 9 (12%) had a normal MCV. There was a wide range of serum Cbl levels in these patients also; only 47 (61%) had markedly decreased levels to < 100 pg/ml, while the other 30 (39%) had levels between 100 and 200 pg/ml.

The clinical data on the 19 patients with folate deficiency along with their serum total homocysteine, methionine, total cysteine, and methylmalonic acid values are also shown in Table I. Because of the small number of patients tested, correlations between their clinical and laboratory abnormalities were not evaluated.

We have previously reported that serum methylmalonic

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acid is increased in 95% of patients with Cbl deficiency (33). As shown in Table I, 74 of the 78 Cbl-deficient patients had methylmalonic acid levels above the normal range of 19–76 ng/ml (median, 1,240 ng/ml, range, 78 to 2,300 ng/ml). The one Cbl-deficient patient (No. 78) with a serum total homocysteine level within the normal range also had a normal serum methylmalonic acid. His diagnosis was tropical sprue. The other three patients with normal serum methylmalonic acid levels (Nos. 49, 61, and 73) all had elevated serum total homocysteine levels ranging from 34 to 92  $\mu$ mol/liter. Their diagnoses consisted of tropical sprue, postgastrectomy syndrome, and pernicious anemia.

As we have reported previously (33), most folate-deficient patients have normal levels of serum methylmalonic acid, although some have mild elevations. In the current study, as shown in Table I, 13 of the 19 folate-deficient patients had normal values for serum methylmalonic acid, and the other 6 had mild elevations (median for the 6 patients, 132 ng/ml, range, 79 to 195 ng/ml).

Fig. 3 shows the serum and urine homocysteine levels both before and after treatment in a patient with classic pernicious anemia and in another patient with alcoholism and nutritional folate deficiency. The Cbl-deficient patient had markedly elevated levels of total homocysteine both in serum and urine, which fell into the normal range within 3 d of treatment with parenteral cyano-Cbl (CN-Cbl). This same patient has been previously shown (33) to have a similar rapid fall in serum and urine methylmalonic acid in response to this course of CN-Cbl treatment. The patient with folate deficiency had an elevated serum total homocysteine which over several days decreased to the upper border of the normal range after several doses of oral folic acid. The urine total homocysteine which was at the upper border of the normal range also fell markedly after treatment. This data suggests that serum and urine homocysteine levels correlate with each other in patients with Cbl or folate deficiency and could be used to monitor the response of treatment, although more patients would need to be evaluated before this could be concluded with certainty. Initial serum and urine methionine levels were normal in both patients and did not change significantly after CN-Cbl or folate treatment (data not shown).

#### Discussion

Our studies demonstrate that serum total homocysteine levels are likely to be clinically useful, since they were above the normal range in 77 of 78 Cbl-deficient patients and 18 of 19 folate-deficient patients. The serum total homocysteine appears to be similar in sensitivity to the serum methylmalonic acid in the Cbl-deficient patients, since the latter was elevated in 74 of the same 78 Cbl-deficient patients. Using the serum total homocysteine level in combination with the serum methylmalonic acid level will often be helpful in distinguishing patients with Cbl deficiency from those with folate deficiency, since most patients with folate deficiency have normal levels of serum methylmalonic acid and the rest have only mild elevations.

Additional clinical studies using measurements of serum total homocysteine and serum methylmalonic acid in addition to measurements of serum Cbl and serum folate should make it possible to further define the clinical spectra of Cbl and folate deficiency, and to define the proper diagnostic approach

nals leficier	Race <sup>‡</sup> Serum Cbl	Serum folate	Hct	MCV	White blood cells	Platelets	Serum	Neuroabnor- malities <sup>8</sup>	Glossitis	Intrinsic factor antibody	Diagnosis	Serum methylmalonic acid	Serum methionine	Serum total cysteine	Serum total homocysteine
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Table I. Clinical Data for 78 Patients with Cbl Deficiency and 19 Patients with Folate Deficiency

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