Three B vitamins are involved in what is known as 1-carbon metabolism. This is the movement of 1 carbon units, generally methyl groups (CH₃). It is similar to the movement of the amino group that occurs in transamination. As shown in the figure below, folate, vitamin B₁₂, and vitamin B₆ are the B vitamins involved in 1-carbon metabolism.

Vitamin B₆ has been covered already in chapter 9, so this section is going to focus on folate and vitamin B₁₂. We will examine this figure in pieces, so that hopefully by the time this chapter is completed, you will understand the role of all these vitamins in 1-carbon metabolism.

Sections:

10.1 Folate & Folic Acid
10.2 Vitamin B₁₂
10.3 B Vitamins, Homocysteine, & Cardiovascular Disease