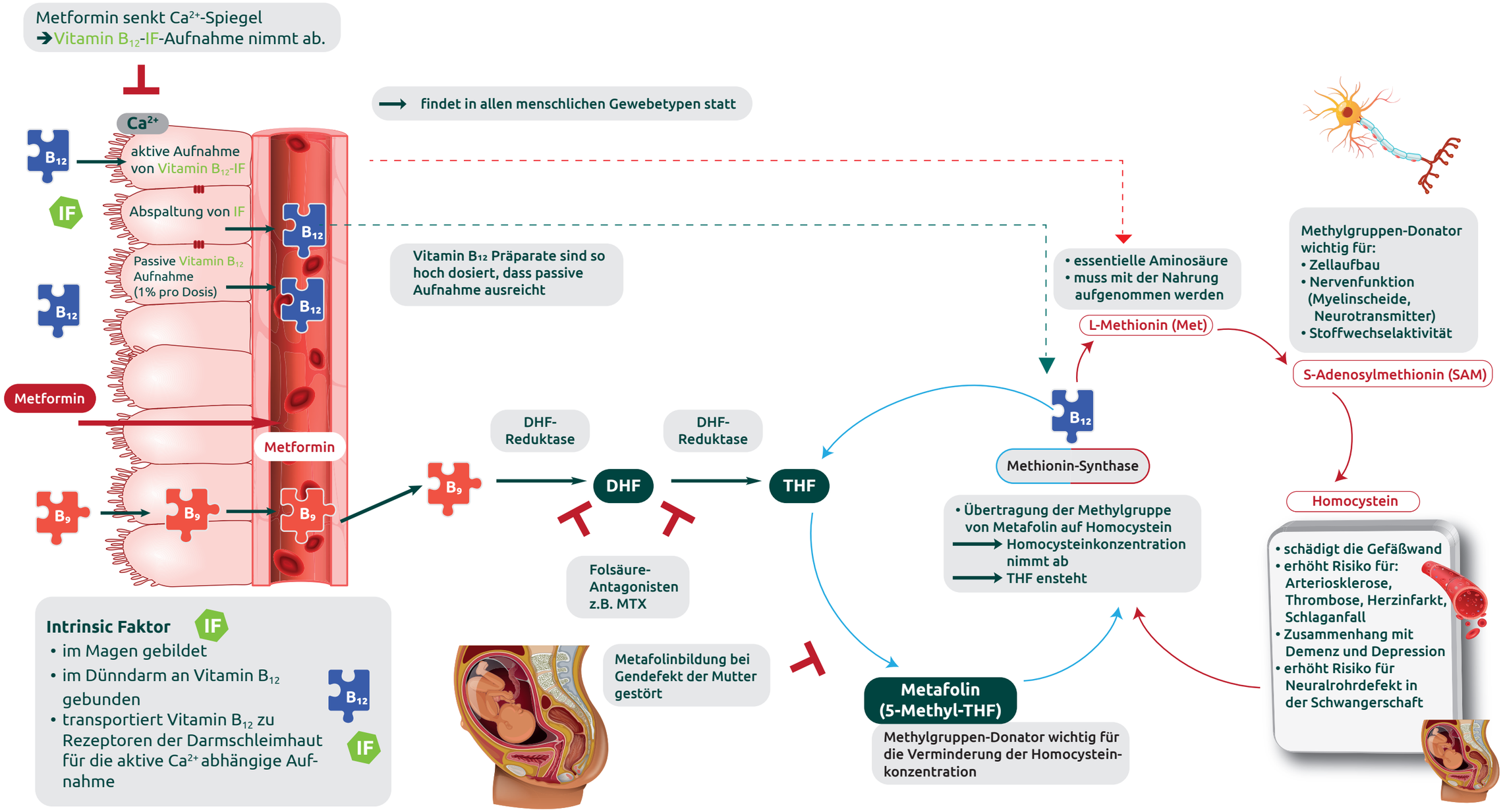Folsäure- (Vit. B_9), Vitamin B_{12}- und Homocysteinkreislauf