The effect of *E. coli* on the absorption of vitamin B\textsubscript{12}

C. C. BOOTH AND JANET HEATH

*From the Department of Medicine, Postgraduate Medical School of London*

SYNOPSIS  Cultures of *E. coli* are capable of inhibiting the absorption of vitamin B\textsubscript{12} in the rat. Their inhibitory effect is totally abolished when the organisms are killed by heat and partially abolished when test doses of labelled B\textsubscript{12} are previously bound by intrinsic factor.

Several observations suggest that the absorption of vitamin B\textsubscript{12} may be inhibited by bacteria. Both in experimental animals and in patients with blind loops, strictures, or fistulae involving the small intestine, heavy growths of bacteria have been found in areas of the bowel which are normally sterile (Seyderhelm, Lehmann, and Wichels, 1924; Doig and Girdwood, 1960). In patients with such lesions the absorption of radio-active vitamin B\textsubscript{12} is usually subnormal, and these patients may absorb B\textsubscript{12} normally if they are treated with a suitable intestinal antibiotic (Badenoch, Bedford, and Evans, 1955; Mollin and Baker, 1955; Halsted, Lewis, and Gasster, 1956; McIntyre, Sachs, Krevans, and Conley, 1956; Mollin, Booth, and Baker, 1957).

The precise way in which bacteria are able to block B\textsubscript{12} absorption is uncertain. Since bacteria, particularly *E. coli*, take up vitamin B\textsubscript{12} *in vitro*, it is usually supposed that bacteria utilize B\textsubscript{12} in competition with their host (Doig and Girdwood, 1960). Under physiological conditions, however, vitamin B\textsubscript{12} is present in the intestine bound to intrinsic factor, and *in vitro* such bound B\textsubscript{12} is not available to microorganisms (Ternberg and Eakin, 1949; Hoff-Jörgensen, 1952). It therefore seems unlikely that bacteria interfere with B\textsubscript{12} absorption simply by competition.

In order to determine the effect of bacteria on the absorption of free and bound B\textsubscript{12}, we have studied in the rat the absorption of \textsuperscript{56}Co-labelled B\textsubscript{12} given either alone or with varying concentrations of *E. coli*, an organism often isolated from the small intestine of patients with blind loops or strictures who fail to absorb B\textsubscript{12} (Doig and Girdwood, 1960); we have also studied the effect of *E. coli* on the absorption of vitamin B\textsubscript{12} previously incubated with rat gastric juice.

**MATERIALS AND METHODS**

**EXPERIMENTAL ANIMALS**  Black and white laboratory rats weighing between 200 and 250 g. were used throughout the experiments.

**RADIOACTIVE VITAMIN B\textsubscript{12}**  Vitamin B\textsubscript{12} labelled with \textsuperscript{56}Co was obtained from the Radiochemical Centre, Amersham. The material initially had a specific activity of 10 μc per μg. By suitable dilution, test doses of 0·01 μg. (0·1 μc) in 1-ml. volumes were prepared.

**RAT GASTRIC JUICE**  A saline extract of the gastric mucosa of 10 freshly killed rats was prepared. The mucus were rapidly sliced into 20 ml. of iced saline and extracted by rapid stirring for half an hour. The resulting material was filtered and stored at -20°C. until required.

**CULTURES OF E. COLI**  *E. coli* was first cultured on standard agar slopes and the resulting growth was suspended in saline. These suspensions were then added to a protein-free culture medium half an inch deep in a flat-bottomed five-litre flask. The culture medium contained only K\textsubscript{2}HPO\textsubscript{4}, KH\textsubscript{2}PO\textsubscript{4}, Na\textsubscript{2} citrate SH\textsubscript{4}O\textsubscript{4}, Mg SO\textsubscript{4}, 7 H\textsubscript{2}O, (NH\textsubscript{4})\textsubscript{2}SO\textsubscript{4}, and glucose and was prepared according to the formula described by Lederberg (1950). Cultures were incubated at 37°C. for 48 hours or until growth was satisfactory. The organisms were then concentrated by repeated centrifuging and suitable concentrations were prepared by dilution. An estimate of the number of organisms in the bacterial suspensions was obtained by comparison with a series of Wellcome opacity tubes. The concentrations used were either 1·9 or 3·8 × 10\textsuperscript{8} organisms per ml.

**EXPERIMENTAL PROCEDURE**

**EFFECT OF E. COLI ON ABSORPTION OF VITAMIN B\textsubscript{12}**  Two groups of six rats were given successive test doses of 0·01 μg. of \textsuperscript{56}Co-labelled B\textsubscript{12} either alone or after incubation for half an hour with different concentrations of *E. coli*. The first group also received test doses of labelled B\textsubscript{12} together with *E. coli* killed by heating to 56°C. for four hours. The second group received further test doses given

---

1Postal address: Ducane Road, London, W.12.
The effect of E. coli on the absorption of vitamin B₁₂

with 1 ml. of rat gastric juice, first alone and then after subsequent incubation with E. coli.

MEASUREMENT OF B₁₂ ABSORPTION The test doses were usually given in 1 ml. volume through a fine polyethylene tube passed into the stomach. The animals were placed in separate metabolism cages and the faeces were collected in waxed cardboard containers for three days. The radioactivity in the faeces was then measured by positioning each carton between two scintillation counters according to the method described by Lewis and Porter (1960). This counting arrangement made it possible to count faecal radioactivity without homogenization. Absorption was then calculated by assuming that the radioactivity not recovered had been absorbed.

BINDING OF B₁₂ BY E. COLI OR RAT GASTRIC JUICE The B₁₂ binding capacity of live E. coli or E. coli which had been killed by heat was determined by ultrafiltration. ⁵⁸Co-labelled B₁₂, 0.01 µg, was incubated for half an hour with suspensions of E. coli at similar concentrations to those used in the absorption tests, and the radioactivity of an ultrafiltrate was used in the determination of absorption. The binding capacity of 1 ml. of gastric mucosal extract was determined similarly.

RESULTS

EFFECT OF E. COLI ON ABSORPTION OF FREE VITAMIN B₁₂ Six rats (nos. 1 to 6) were given test doses of 0.01 µg. of ⁵⁸Co-labelled B₁₂ first alone, then after incubation for half an hour with E. coli at concentrations of 1.9 or 3.8 × 10⁸ organisms per ml. They also received a further test dose after incubation with the larger concentration of E. coli but on this occasion the organisms had been previously killed by heating at 56°C. for four hours. The results of these absorption tests are given in Table I and illustrated in Fig. 1.

The animals absorbed between 44.8 and 70.6% (mean 60.2±%) when the dose was given alone (Fig. 1). When the dose was incubated with the two different concentrations of E. coli absorption was reduced, the degree of inhibition being directly proportional to the number of organisms given. The rats given the dose of labelled B₁₂ incubated with E. coli at a concentration of 1.9 × 10⁸ organisms per millilitre absorbed from 28.9 to 42.7% (mean 34.2±%). When the concentration of E. coli was 3.8 × 10⁸ organisms per millilitre only between 0.0 and 30.0% (mean 16.7±%) was absorbed.

When the bacteria were previously killed by heat at 56°C. for four hours, this inhibitory effect on the absorption of B₁₂ was abolished (Fig. 1).

EFFECT OF GASTRIC JUICE ON INHIBITION OF B₁₂ ABSORPTION BY E. COLI The second group of six rats (nos. 7 to 12) received four consecutive test doses of 0.01 µg. of ⁵⁸Co-labelled B₁₂. The dose was given first alone, then after incubation with 1 ml. of the gastric mucosal extract. For the third absorption test, the doses were previously incubated for half an hour with live E. coli at a concentration of 3.8 × 10⁸ organisms per millilitre. In the final test, the labelled B₁₂ was first incubated for half an hour with 1 ml. of the gastric mucosal extract, and then with live E. coli at a concentration of 3.8 × 10⁸ organisms per millilitre. The results of these tests are given in Table II and illustrated in Fig. 2.

When the dose of B₁₂ was given alone, the rats absorbed from 27.2 to 63.8% (mean 51.4±%) and similar amounts were absorbed when the dose was given with 1 ml. of gastric mucosal extract (Fig. 2, Table II). As in the first group of animals, E. coli at

---

**TABLE I**

PERCENTAGE ABSORPTION OF 0.01 µg. ⁵⁸Co-LABELLED B₁₂ GIVEN ALONE OR AFTER INCUBATION WITH VARYING CONCENTRATIONS OF E. COLI AND WITH E. COLI PREVIOUSLY HEATED AT 56°C. FOR FOUR HOURS

<table>
<thead>
<tr>
<th>Rat No.</th>
<th>Dose Given Alone</th>
<th>Dose Plus E. coli</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1.9⁸</td>
</tr>
<tr>
<td>1</td>
<td>70.6</td>
<td>42.7</td>
</tr>
<tr>
<td>2</td>
<td>65.5</td>
<td>31.3</td>
</tr>
<tr>
<td>3</td>
<td>44.8</td>
<td>29.9</td>
</tr>
<tr>
<td>4</td>
<td>66.1</td>
<td>40.4</td>
</tr>
<tr>
<td>5</td>
<td>57.0</td>
<td>32.0</td>
</tr>
<tr>
<td>6</td>
<td>57.3</td>
<td>28.9</td>
</tr>
<tr>
<td>Mean</td>
<td>60.2</td>
<td>34.2</td>
</tr>
</tbody>
</table>

¹Concentration of E. coli as number of organisms per ml. × 10⁸.
²E. coli heated at 56°C. for four hours before incubation with B₁₂.
TABLE II
PERCENTAGE ABSORPTION OF 0:01 μg. 58CO-LABELLED B12 GIVEN ALONE, WITH GASTRIC JUICE AND WITH E. COLI ALONE OR AFTER PREVIOUS INCUBATION WITH GASTRIC JUICE

<table>
<thead>
<tr>
<th>Rat No.</th>
<th>Dose Alone</th>
<th>Dose Plus G.J.</th>
<th>Dose Plus E. coli</th>
<th>Dose Plus G.J. then Incubated with E. coli</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>63.8</td>
<td>47.0</td>
<td>0.01</td>
<td>24.5</td>
</tr>
<tr>
<td>8</td>
<td>59.7</td>
<td>56.4</td>
<td>3.8</td>
<td>33.3</td>
</tr>
<tr>
<td>9</td>
<td>40.5</td>
<td>28.2</td>
<td>17.9</td>
<td>28.3</td>
</tr>
<tr>
<td>10</td>
<td>54.6</td>
<td>54.4</td>
<td>18.5</td>
<td>32.9</td>
</tr>
<tr>
<td>11</td>
<td>27.2</td>
<td>59.3</td>
<td>10.5</td>
<td>50.5</td>
</tr>
<tr>
<td>12</td>
<td>61.2</td>
<td>65.4</td>
<td>25.0</td>
<td>29.2</td>
</tr>
<tr>
<td>Mean</td>
<td>51.4</td>
<td>51.8</td>
<td>12.4</td>
<td>33.1</td>
</tr>
</tbody>
</table>

1 Concentration of E. coli was 3.9 × 10⁹ organisms per millilitre.

a concentration of 3.8 × 10⁹ organisms per millilitre inhibited absorption, the range of absorption under these conditions being from 0.0 to 25.0% (mean 12.4%). However, this inhibitory effect was greatly reduced when the B12 was incubated with gastric mucosal extract before the organisms were added, the animals now absorbing 24.5 to 50.5% (mean 33.1%) (Fig. 2, Table II).

TABLE III
BINDING OF 0.01 μg. 58CO-LABELLED B12 BY E. COLI BEFORE AND AFTER HEATING OR BY RAT GASTRIC JUICE

<table>
<thead>
<tr>
<th>Material Added to B12</th>
<th>Counts in Sample</th>
<th>Counts in Ultra-filtrate</th>
<th>% Bound</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ml. unheated E. coli</td>
<td>3,170</td>
<td>1,466</td>
<td>54</td>
</tr>
<tr>
<td>1 ml. E. coli heated at 56°C. for four hours</td>
<td>4,411</td>
<td>1,557</td>
<td>65</td>
</tr>
<tr>
<td>1 ml. E. coli heated at 100°C. for half an hour</td>
<td>3,345</td>
<td>2,696</td>
<td>20</td>
</tr>
<tr>
<td>1 ml. gastric juice</td>
<td>2,620</td>
<td>1,520</td>
<td>42</td>
</tr>
</tbody>
</table>

1 Concentration of E. coli was 3.9 × 10⁹ organisms per millilitre.

The live organisms bound 54% of the labelled vitamin B12 and a similar amount was bound by the E. coli when killed by heating at 56°C. for four hours (Table III). After heating at 100°C. for half an hour, however, the binding capacity of E. coli was much reduced, being only 20%.

One millilitre of the gastric mucosal extract bound 42% of the labelled B12 (Table III).

DISCUSSION

The results given in this paper indicate that cultures of E. coli are capable of inhibiting the absorption of 58Co-labelled vitamin B12 in the rat (Fig. 1, Table I). This inhibitory effect was apparently a vital function of living organisms and was not due merely to binding of the B12 by E. coli, for when killed by heating at 56°C. for four hours the organisms were no longer capable of inhibiting absorption although they retained their capacity to bind B12 (Fig. 1, Table III), as did preparations of intrinsic factor similarly treated (Spray, 1952).

The results also show that when test doses of labelled B12 are previously incubated with gastric mucosal extracts, cultures of E. coli lose much of their capacity to inhibit B12 absorption. As shown in Fig. 2 and Table II, this protective action of gastric juice was not complete, for the absorption of the test doses incubated with gastric juice before the addition of E. coli was not entirely normal. Table III shows that the rat gastric mucosal extract which was used only bound 42% of the test dose and the E. coli were presumably able to take up the proportion of the oral doses which was not bound. The rat gastric juice was only likely to protect that fraction of the dose which was bound.

The precise way in which bacteria are capable of influencing B12 absorption in patients with the ' blind loop' syndrome therefore remains uncertain, but it is
The effect of E. coli on the absorption of vitamin $B_{12}$

possible that they do not inhibit absorption simply by competitive uptake. As an alternative hypothesis, it may be suggested that E. coli may interfere in some way with the transport mechanism in the mucosa of the distal small intestine.

We wish to thank Dr. D. L. Mollin for his encouragement, criticism, and advice. We are also grateful to Dr. Mary Barber for supplying cultures of E. coli.

REFERENCES


The effect of \textit{E. coli} on the absorption of vitamin B$_{12}$

C. C. Booth and Janet Heath

\textit{Gut} 1962 3: 70-73
doi: 10.1136/gut.3.1.70

Updated information and services can be found at:
http://gut.bmj.com/content/3/1/70

Email alerting service

These include:
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/