

### Supplementary Table 1: Examples of summary questions and groups of original survey responses being summarised

<p><b>Summary question:</b> What are the safest and most effective ways to give B12 to people with PA, tablets, sprays or injections, or a combination? Can better ways be developed?</p>
<p><b>Examples of original survey responses:</b></p>
Does oral B12 tablets do the same job as the injection?
Also I was told to take an oral version if my symptoms were troubling me but I understand that I cannot absorb them so this seems pointless.
Recognising that tablets don't work for a lot of people and not to be ignorant to those who need injections.
Do b12 tablets just raise b12 levels or do they reduce symptoms?
Evidence that taking additional oral B12 tablets or sprays is beneficial and worthwhile.
Are there any other effective treatment than injections which would mean less frequent visits to GP
How important it is to have injections rather than oral tablets
A treatment other than a painful injection would be good. GPs are very reluctant to offer an alternative.
The people who need injections as treatment and those that do not - how to clearly distinguish.
More research needed on alternatives to regular injections i.e. patches/vitamin supplements/nasal sprays etc
<p><b>Summary question:</b> Why do some people with PA still experience symptoms after treatment with B12?</p>
<p><b>Examples of original survey responses:</b></p>
Whether there is any connection between ongoing tiredness even when having regular b12 injections.
When treated but still have symptoms.
Why do some symptoms stay after injections
would be interested to know why some people respond well to treatment with B12 and others don't
why the treatment (B12 injections ) seems to lose its effectiveness over a period of years
Why I have not returned to my previous active levels now that I am receiving medication
Why have I not returned to my usual active levels now that I'm receiving injections
I am aware when my symptoms get worse. After a three monthly injection I felt No improvement. If anything my symptoms felt worse.
And why sometimes the effects of the injection don't seem to work
Why the overwhelming tiredness continues even after injections.