Vitamin B12 Deficiency Is a Serious Problem for Mental Health

Melissa Scott January 03, 2018

There are many food sources of vitamin B12, but it could be easily and efficiently consumed through the use of Divine Bounty B Vitamin Complex.

(Newswire.net -- January 3, 2018) Orlando, FL -- There are many undesirable health consequences of being deficient with vitamin B12. One is its negative effects on the brain. Vitamin B12 deficiency has been found to be a serious problem for mental health. This nutrient is also referred to as the energy vitamin. It is popularized by its ability to aid in red blood cell formation, proper digestion, healthy circulation and immune system function.

According to some experts, vitamin B12 could hormonally and nutritionally support the body, skin and nails. While it is known for its physical health benefits, it could also be beneficial for psychological well-being.

Researchers found that this B vitamin is essential for promoting positive moods and maintaining brain function. It provides assistance in the normal nerve growth and development, enhances communication between nerve cells and promotes stable adrenal function.

Vitamin B12 has also been found to provide mental and emotional energy and improve focus. It could even boost memory function and offer calming effects for the purpose of balancing mood.

Deficiency in this vitamin can negatively affect the brain in various ways. In some studies, the researchers found a link between vitamin B12 deficiency and depression.

In observational studies, it was found that as many as 30 percent of hospitalized individuals with depression were deficient in vitamin B12.

In another study, the scientists monitored 115 individuals with major depressive disorder for six months. They also checked their vitamin B12 status along the way. It was found that there was a correlation between higher vitamin B12 levels and better long-term psychological functioning. The investigators also observed that those who experienced improvements in their moods had the highest levels of vitamin B12.

There have been many research studies that revealed how important this nutrient is for brain health. In a separate study, it was also discovered that those with a deficiency were more susceptible to depression.

There are many food sources of vitamin B12, but it could be easily and efficiently consumed through the use of Divine Bounty B Vitamin Complex. This formula is GMP-certified, and is even protected with a customer satisfaction guarantee.

Divine Bounty B Vitamin Complex also contains choline, Pantothenic acid, Biotin, Folic Acid, Niacin, Riboflavin, Thiamin and vitamin B6. Individuals who may be suffering from depression and do not want to be at the risk of medication side effects may try increasing their vitamin intake.

This formula is highly potent and free from a variety of nasty ingredients.

(https://amazon.com/dp/B07414752B)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.
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