Scientists Now Believe That Depression Is Linked With Folate Deficiency

Alana McIntosh  May 17, 2018

Purest Vantage B Vitamin Complex is a highly potent and pure formula that may be helpful to many consumers.

(Newswire.net -- May 17, 2018) Orlando, FL -- Today, there is a variety of research studies that try to explore the benefits of folate, and this includes its effects against depression.

According to researchers, this B vitamin can be obtained from consumption of citrus fruits, leafy green vegetables and beans. It is speculated to not just fight depression, but also other psychiatric symptoms.

This B vitamin is actually gaining more and more interest from consumers due to the benefits it could offer. In some studies, deficiency of this nutrient has been found to lead to certain undesirable health consequences.

Pregnant women are advised to consume a certain amount of this B vitamin. This is to reduce the risk of miscarriages and birth defects.

Researchers believe that this vitamin offers protection against stroke, heart disease and even certain types of cancers.

The Food and Drug Administration even required folate as an addition to enriched flour and other grain products.

Health care providers strongly recommend increased intake of folate to older individuals. This is due to the fact that their bodies no longer absorb folate as well as they used to.

According to some scientists, high blood levels of homocysteine are linked not just with depression, but also Alzheimer's disease. The good news is that folate combined with vitamins B6 and B12 has been found to break down homocysteine.

It has been speculated that homocysteine breakdown generates SAMe. This is a major constituent of brain cells. There have even been suggestions that it could work as a possible treatment for depression.

Mental health experts from around the world continue to warn the public against the dangers of depression, particularly when it is not properly addressed.

It is worth learning that according to some researchers, there are people who have a variant gene that prevents them from utilizing folate to its fullest.

In 2006, a published meta-analysis revealed that this variant is linked with depression, schizophrenia and bipolar disorder. Some evidence even showed that individuals with reduced blood folate levels are less likely to achieve relief from the use of antidepressant medications.

More studies are still underway to learn about the link between folate and depression. It is important to understand that folate can offer many health benefits, and this is why it is best to increase its intake.

Purest Vantage B Vitamin Complex is a highly potent and pure formula that may be helpful for many consumers. It is made carefully in an FDA-inspected facility in the United States.

It contains Choline, Biotin, Vitamin B12, Folic Acid, Pantothenic acid, Niacin, Riboflavin, Thiamin and vitamin B6.

(www.amazon.com/Vitamin-B-Complex-90-Capsules/dp/B0773N3MF)

About PUREST VANTAGE
Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

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