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Vitamin-D3 Supplement: Low Vitamin-D Associated with Depression

Some studies have found that levels of Vitamin-D are often low among people with depression, and were previously associated with osteoporosis, cardiovascular diseases, and various neurological disorders.

In a recent study published in *Mayo Clinic Proceedings* researchers confirmed that an inverse relationship does exist between Vitamin-D and depression. Researchers examined the results of 12,600 participants from late 2006 to late 2010. Brown and colleagues found that higher Vitamin-D levels were associated with a significantly decreased risk of current depression, particularly among people with a prior history of depression. Among the study participants, researchers discovered low Vitamin-D levels were associated with depressive symptoms, particularly those with a history of depression. Low Vitamin-D levels affect neurotransmitters, and inflammatory markers. Vitamin-D levels are now commonly tested during routine physical exams, and they are accepted as risk factors for a number of other medical problems: autoimmune diseases; heart and vascular disease; infectious diseases; osteoporosis; obesity; diabetes; certain cancers; and neurological disorders such as Alzheimer's and Parkinson's diseases, multiple sclerosis, and general cognitive decline.

(APA Reference: Nauert, R. (2012). Low Vitamin-D Associated with Depression.)

There is evidence that Vitamin-D3 supplementation is beneficial in depression and in mood disorders. Based on studies, the daily adult dose of Vitamin-D3 for maintenance treatment of depression is in summertime 2000 iU, wintertime 4000 iU, or 4000-6000 iU, if the serum levels of 25-OH Vitamin-D are low, and higher doses are required for people with overweight. Also there is evidence that Vitamin-D3 liquid as compared to tablets provides more adequate absorption. Below I provide one example of Vitamin-D3 liquid concentrates, widely available.



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