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InterClinical Laboratories Pty Ltd

Hair Tissue and Mineral Analysis | Nutritional, Herbal and Natural Medicine



Can Folate, Vitamin B6 and B12 reduce the risk of depression?

Welcome to InterClinical Laboratories' June e-newsletter.

Last month we kicked off our educational series with our **Beat the Bugs** webinar, which was a great opening event for our big year of practitioner education. For those that joined us live and gained a deeper insight into *Artemisia annua*, we will have your **Live Listener Practitioner Reward Packs** posted out to you very soon!

Our next webinar **Brain Boost: *Bacopa monnieri* and Complementary Herbs** will be airing in less than 3 weeks, and details can be found in the **Upcoming Events** section below. Don't forget to register and secure your spot!

For this month's clinical update, we will be taking a look at a recently published study on the effect of Folate, Vitamin B6 and Vitamin B12 intake and the risk of depression in older adults. Our summary of this study can be found below.

We hope you enjoy this month's e-newsletter and don't forget to check out our June product specials located below our clinical update.

Yours in good health,

The Team at InterClinical Laboratories.

Upcoming Events

20th June 2016

Brain Boost: *Bacopa monnieri* and Complementary Herbs



Zac Bobrov, Technical Director of InterClinical Laboratories, presents current studies on *Bacopa monnieri* and other similar complementary herbs, and discusses how they can be used to assist with relieving tension, stress and mild anxiety, supporting brain function, cognition and memory and improving overall mental and emotional health and well being.

August - October 2016

Introducing our two day Natural Medicine Practitioner Lecture Series!

LOOKING DEEPER: Integral Pathology - Hair Tissue Mineral Analysis And Functional Testing For Comprehensive Care

Our upcoming two day Natural Medicine Practitioner Lecture Series for 2016 will occur in 7 major cities throughout Australia and New Zealand, commencing in August and continuing to October. Renowned integrative medical doctor, Dr Jane Chapman, will present alongside InterClinical's technical director Zac Bobrov, to discuss how Hair Tissue Mineral Analysis has become an integral pathology test in providing comprehensive care, and how the practitioner can best utilise and interpret investigations to improve clinical outcomes.

Please see below and diarise the dates, with venues to be confirmed in the coming weeks.

* **Brisbane:** August 6th and 7th

* **Melbourne:** August 13th and 14th

* **Perth:** August 27th and 28th

* **Sydney:** September 10th and 11th

* **Adelaide:** September 17th and 18th

* **Auckland:** October 15th and 16th

* **Hobart:** October 29th and 30th

Clinical Update

Intakes of Folate, Vitamin B6 and B12 and risk of depression in community-dwelling older adults: the Quebec Longitudinal Study on Nutrition and Ageing

Depression in the older population can decrease quality of life and affect overall health. It is known that in many patients with psychiatric problems such as depression, there is a high prevalence of deficiency in B vitamins, in particular folate, B6 and B12. This could be potentially due to B vitamins role in neurotransmitter synthesis (norepinephrine, serotonin and dopamine).

In this study, there were 1368 male and female participants, ages ranging between 67-84 years old, all of good health and deemed free of depression at baseline. Dietary assessment was also done at baseline to review their normal dietary intake. Participants were tested

annually for depression using the GDS tool, and their dietary intake evaluated over the course of 3 years.

At the end of the study, there were 170 cases of depression recorded. Women who had the highest B6 intake were shown to be 43% less likely to get depression, and men who had the highest intake of B12 were shown to have a decreased risk of depression.

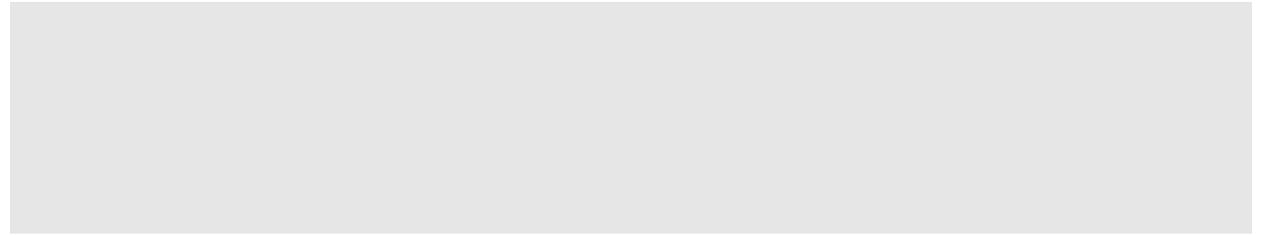
Comment:

This study showed promising evidence that dietary intake of vitamin B6 could be beneficial for women and vitamin B12 for men in reducing the risk of depression in the older population. This would require further testing though as their diet was only reviewed annually and over a 3 day period, and did not take into account the other days of dietary intake. This is also limited to just dietary intake of the vitamins, and not based on intake of the vitamins in supplement form.

L Gougen et al. 2016 *Intakes of folate, vitamin B6 and B12 and risk of depression in community-dwelling older adults: the Quebec Longitudinal Study on Nutrition and Ageing.*

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