



Vitamin D (depression)

What is Vitamin D?

- Vitamin D (calciferol) is a fat-soluble vitamin that promotes calcium absorption, bone health, and reduce inflammation¹.
- Vitamin D supports cell growth, muscle health, and immunity¹.

Sources of Vitamin D?^{1,2}

- The Sun! Our skin takes in UVA/UVB rays and turns it into Vitamin D.
- Food! Like fortified milk and yogurt, fish, and eggs.
- Vitamin D3 supplements (cholecalciferol, the active form of vitamin D)

How Does Vitamin D Help Depression?

- Vitamin D is a nutrient that helps improve your mood and decrease symptoms of depression².
- Vitamin D plays a crucial role in the brain by helping to make happy chemicals, like serotonin and dopamine. Serotonin and dopamine let us feel happy and calm¹.

Current Research?

- In a recent 2023 meta-analysis, it was found that vitamin D3 supplementation greatly improved symptoms of depression². It is important to use Vitamin D3 as it is most easily absorbed in the body and helps maintain adequate Vitamin D levels¹. Remember before starting any supplement please speak with your healthcare provider.

1. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#en130>
2. Musazadeh, V., Keramati, M., Ghalichi, F., Kavyani, Z., Ghoreishi, Z., Alras, K. A., Albadawi, N., Salem, A., Albadawi, M. I., Salem, R., Abu-Zaid, A., Zarezadeh, M., & Mekary, R. A. (2023). Vitamin D protects against depression: Evidence from an umbrella meta-analysis on interventional and observational meta-analyses. *Pharmacological research*, 187, 106605. <https://doi.org/10.1016/j.phrs.2022.106605>.

