

## **Multivitamins Fight Depression in Elderly**

According to an international nutritional study, a multivitamin/mineral pill has the power to relieve depression in elderly patients. Acutely ill, older medical patients on a normal hospital diet took either a supplement with 100% of their vitamin/mineral daily needs or a placebo once daily for six weeks. Symptoms of depression, like sleep problems, loss of appetite, fatigue, or feelings of worthlessness, improved in the multivitamin takers after six weeks. This was regardless of their initial level of depression.

These findings are consistent with studies linking folate and vitamin B12 deficiency with depression.

Vitamin B12 has long been used by physicians to treat all ages with fatigue symptoms.