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SCHIZOPHRENIA Factsheet

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What is Vitamin B?

Vitamin B12, B6 and folate play important roles in the development, maintenance and function of the brain. Vitamin B is important for critical cellular processes such as the synthesis of nucleic acids for DNA, and the metabolism of amino acids and other vitamins. However, any relationship between vitamin B levels and risk of psychiatric disorders remains unclear.

What is the evidence for Vitamin B?

Moderate quality evidence finds decreased blood folate levels in people with schizophrenia, particularly Caucasian and Asian people, and people aged under 50 years. High quality evidence finds no differences in vitamin B12 levels.

Moderate quality evidence also finds a medium-sized effect of lower folate and high quality evidence finds no differences in B12 in people with first-episode psychosis.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.



NeuRA

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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.