



NeuRA

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BIPOLAR DISORDERS Factsheet

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How is vitamin B related to bipolar disorders?

Vitamin B12, B6 and folate (vitamin B9) 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 alterations in people with bipolar disorder?

High quality evidence suggests a small reduction in serum folate levels in people with bipolar disorder compared to people without bipolar disorder. No review was identified that assessed other vitamin B levels.

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.



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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 bipolar disorder or its treatment with your doctor or other health care provider.