

More Vitamin D = Lower Risk of Depression

According to a recent study, older women taking vitamin D (at least 800 IU daily) were at lower risk for depressive symptoms compared to women with daily intake of 100 IU or less:



Risk of depressive symptoms (odds ratio)

100 IU or less / day

1.00 (reference)

800 IU or more / day

0.79

0.0

0.2

0.4

0.6

0.8

1.0

SOURCE: Bertone-Johnson ER, et al. Vitamin D intake from foods and supplements and depressive symptoms in a diverse population of older women. *AJCN*, October 2011;94(4):1104-12.