NUTRIPATH

Nutritional Analysis

# VITAMIN B12 & FOLATE - Test Code 6013

Turnaround Time: 2 business days

Specimen Type: 1x SST Blood (Fasting)

## Description

Cognitive decline, depression and unexplained fatigue are common problems many people face, often without clear causes. Research has suggested that low levels of certain B vitamins, such as B6, B9 (folic acid) and B12, might be linked to these mental health and cognitive issues (Markun et al., 2021). These vitamins are essential for the production of myelin (the protective covering around nerves) and neurotransmitters (chemicals that transmit signals in the brain) (Markun et al., 2021).

When B vitamin levels drop, it can lead to higher levels of homocysteine, a substance that, at elevated levels, is linked to cognitive impairment and depression (Markun et al., 2021). For example, vitamin B12 deficiency, often seen in older adults due to poor absorption in the stomach, can significantly affect cognitive function and mood (Markun et al., 2021).

Folates helps to prevent birth defects and support the brain development of children (Irvine et al., 2022). This nutrient can influence how genes are expressed, affecting brain function and development (Irvine et al., 2022).
Testing for B12 and folate levels is crucial for identifying deficiencies that may contribute to cognitive decline, depressive symptoms and fatigue, allowing for early intervention and effective management.

## Whats included?

- Active Vitamin B12
- Serum Folate

## Conditions and Symptoms

- Vegetarians/Vegans
- Restricted diet
- Fatigue
- Weakness
- Anaemia
- Neuropathy

## Complementary Testing

- Iron Studies (Test code 6009)
- Complete Microbiome Mapping (Test code 2206)

## Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*

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*See NATA and CLIA website for further details