

# Nutrient combination super pill to treat depression

September 9 2014, by Anne Rahilly

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(Medical Xpress)—A new University of Melbourne and University of Queensland study will help people suffering from clinical depression by offering them new combination of nutrient-based medications to enhance mood.

Lead researcher Dr Jerome Sarris from the University of Melbourne said biologically active nutrients in combination with existing [antidepressant medication](#) can assist some patients.

"Current treatment for [clinical depression](#) is lacking, with about two-

thirds of people treated with first-line antidepressants having an inadequate response. An emerging approach to treat depression is via the 'add-on' use of specific nutrients," he said.

The biological cause behind depression is known to involve several factors, and specific nutrients with antidepressant properties can target these particular brain chemical pathways.

While clinical evidence supports the use of several nutrients as antidepressant agents, studies to date have usually only assessed isolated nutrients.

This eight-week NHMRC funded study is testing a combination of [nutrients](#) with individual evidence as mood-elevators (including S-adenosyl methionine + tryptophan + folic acid + omega-3 + zinc, and co-factors).

The study is recruiting adults in Victoria and South Eastern Queensland with current depression who are non-responsive to ongoing antidepressant treatment.

"If a positive outcome is achieved, this will have a significant impact on clinical practice, providing the public with an 'evidence-based' approach to enhancing the response of antidepressants, and improving [depression treatment](#)," Dr Sarris said.

"This will have a significant effect on the way depression is treated and have a beneficial effect for sufferers of clinical [depression](#)."

"This combination nutrient formulation offers a viable alternative as an affordable, safe, and effective treatment option."

The clinical study is being conducted at the Melbourne Clinic in

Melbourne and The Royal Women's and Children's Hospital in Herston, Brisbane.

Depression is a disabling mental disorder affecting up to 1 in 7 Australians throughout their life.

Provided by University of Melbourne

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