



DIE ROL VAN SUPPLEMENTE TYDENS DEPRESSIE-BUIE

Simptome van depressie kan suksesvol met aanvullings soos vitamines en minerale behandel word. Aanvullings is nie 'n plaasvervanger vir professionele behandeling nie, maar vorm eerder deel van 'n behandelingsplan wat ook medikasie, terapie, en leefstylveranderinge insluit.

**GET-A-GRIP:** Volgens studies blyk St. John's wort net so effektief te wees vir ligte tot matige depressie soos standaard-voorskryf antidepressante. St. John's wort toon ook minder nuwe-effekte as standaard-antidepressante en kan simptome binne 2-3 weke verminder. Verder verhoog St. John's wort ook die beskikbaarheid van neurosenders soos serotonien en dopamien, wat bydra om gemoedstoestand te verbeter.

**VITAMIN C+:** Die liggaam benodig vitamine C om die essensiële aminosuur, triptofaan, om te skakel na serotonien. Serotonien is die belangrikste breinneurosender wat gemoedstoestand positief bevorder. Lae vitamine C-vlakke verhoog die risiko van geheue- en denkfwykings (soos demensie), terwyl hoë vitamine C-inname uit voedsel en aanvullings, 'n beskermende uitwerking het. Sommige studies toon dat vitamine C kan help om die frekwensie van depressie-buie sowel as die simptome daarvan te verminder – moontlik as gevolg van vitamine C se rol in neurotransmitter-sintese.

**OMEGA-3:** Omega-3 vetsure beweeg maklik deur die breinselmembraan en tree so in wisselwerking met gemoedsverwante molekules binne die brein. Omega-3 vetsuurtekorte word gekoppel aan 'n verhoogde risiko van psigiatriese verstoringe soos depressie. 'n Onlangse oorsig van kliniese studies meen dat visolie-aanvullings die simptome van depressie verlig. Die uitwerking daarvan is vergelykbaar met dié van antidepressant-medikasie. EPA (eicosapentaenoic acid) blyk besonder effektief te wees.

**BODY BASICS en ALOE MULTI PLUS:** Volgens 'n studie het hoër inname van vitamines B12, B9 en B6 die simptome van depressie mettertyd verminder. Vitamine B-kompleks aanvullings kan stres verlig, kognitiewe prestasie verbeter, en simptome van depressie en angs verminder.

- B12: Lae vlakke van vitamine B12 word gekoppel aan depressie. Aanvullings kan help om depressie-buie te verlig, veral diegene wat 'n tekort het.
- B9 (folaat): Tekorte kom algemeen voor by mense met depressie.
- B6: Betrokke by die produksie van neurotransmitters wat depressie-buie reguleer.



THE ROLE OF SUPPLEMENTS DURING DEPRESSIVE EPISODES

Symptoms of depression can effectively be treated with supplements, i.e., vitamins and minerals. Supplements are not a replacement for professional medical treatment, but rather form part of a treatment plan that also includes medication, therapy, and lifestyle changes.

**GET-A-GRIP:** According to various studies, St. John's wort appears to be just as effective as standard prescription antidepressants for mild to moderate depression. St. John's wort also has fewer side effects and can reduce symptoms within 2-3 weeks. Additionally, St. John's wort increases the availability of neurotransmitters such as serotonin and dopamine, which help with mood improvement.

**VITAMIN C+:** The body needs vitamin C to convert the essential amino acid, tryptophan, into serotonin. Serotonin is the primary neurotransmitter in the brain and promotes good moods. Low vitamin C levels are associated with an increased risk of memory and cognitive disorders (such as dementia), while a high intake of vitamin C from foods and supplements, has a protective effect. Some studies suggest that vitamin C can help reduce the occurrence and symptoms of depressive episodes, possibly due to its role in neurotransmitter synthesis.

**OMEGA-3:** Omega-3 fatty acids easily pass through the cell membrane of the brain, to interact with mood-related molecules within the brain. Deficiencies in omega-3 fatty acids are linked to an increased risk of psychiatric disorders such as depression. A recent review of clinical studies concluded that taking fish oil supplements relieves symptoms of depression. Its effects are comparable to those of antidepressant medications. EPA (eicosapentaenoic acid) appears to be particularly effective.

**BODY BASICS and ALOE MULTI PLUS:** According to a study, higher intake of vitamins B12, B9, and B6 reduces symptoms of depression over time. Vitamin B-complex supplements can relieve stress, improve cognitive performance, and reduce symptoms of depression and anxiety.

- B12: Low levels of vitamin B12 are associated with depression. Supplements can help relieve depressive episodes, especially in those with B12 deficiency.
- B9 (folate): Deficiencies are common in people with depression.
- B6: Involved in the production of neurotransmitters that regulate depressive episodes.

# Specials

## AUGUST 2024

COMBO SPECIAL



COMBO SPECIAL

R112

SAVE R20

JASMINE HAND WASH & JASMINE HAND LOTION

200 ml

R101

SAVE R20

VAL-U-LIFE  
60 Capsules

R168

SAVE R30

24  
50 ml

## SUPER ALOE GEL

#90

2024-07



### ENGLISH

A friend of Annatjie Labuschagne (Aloe Ferox distributor), burned with an acetylene flame. The blisters drained within 2 days. He then started to apply *SUPER ALOE GEL* twice daily while still covering the wounds with jelonet dressing and bandage to stop possible infection from setting in. The wounds healed completely, without a scar! The last photo was taken 3½ months later. He is grateful for the wonderful results.

### AFRIKAANS

'n Vriend van Annatjie Labuschagne (Aloe Ferox-verspreider) het sleg gebrand met 'n asetileenvlam. Binne 2 dae het die blase gedreineer, en hy het begin om *SUPER ALOE GEL* 2 x per dag aan die wonde te smeer. Vir die eerste 3 weke het hy die wonde ook bedek met jelonetgaas en 'n ligte verband om moontlike infeksie teë te staan. Die wonde het heeltemal genees, sonder enige letsels! Die laaste foto is 3½ maande later geneem. Hy is baie dankbaar vir die wonderlike resultate.



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