



THE PRIMARY CARE COMPANION FOR CNS DISORDERS

Supplementary Material

Article Title: A Review of L-Methylfolate as Adjunctive Therapy in the Treatment of Major Depressive Disorder

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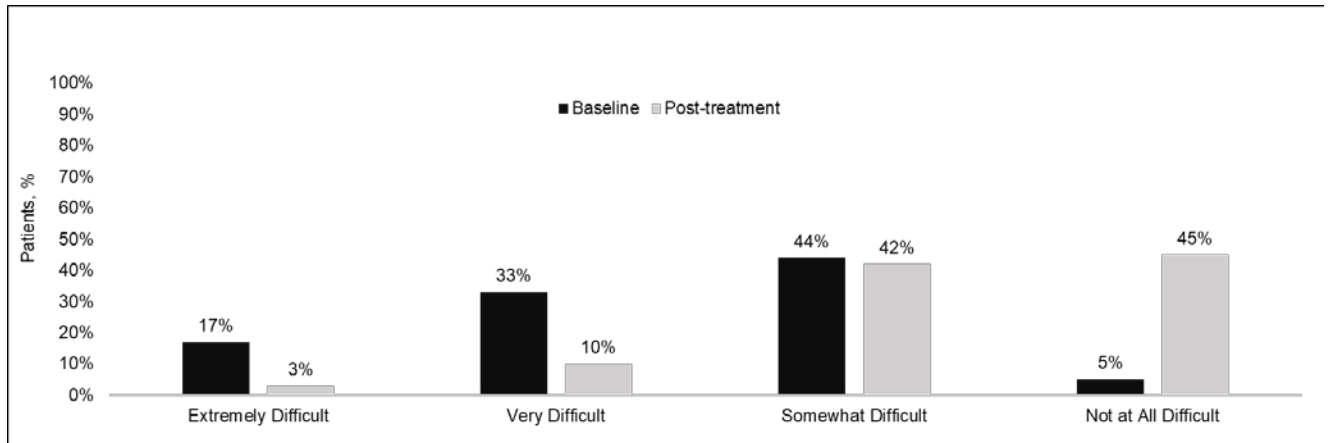
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Supplementary Figure 1. Impact of Depression* on Quality of Life†1



LMF, L-methylfolate; PHQ-9, Patient Health Questionnaire.

*Based on depression symptoms reported in PHQ-9 questionnaire.

†Quality of life measured as self-reported difficulty of home, work, and social functions.

Supplementary Table 1. Pooled HAM-D Treatment Effects in the First Post Hoc

Analysis of the 2 Randomized, Double-Blind, Parallel-Sequential Trials²

| Variable | N | Pooled Mean Change vs Placebo | 95% Confidence Interval | P Value | Pooled Effect Size |
|----------------------|----|-------------------------------|-------------------------|---------|--------------------|
| SAM/SAH ratio | | | | | |
| ≥ 2.71 | 36 | 0.07 | -3.33 to 3.48 | 0.966 | 0.01 |
| < 2.71 | 37 | -4.57 | -7.73 to -1.41 | 0.005 | -0.75 |
| HsCRP | | | | | |
| ≥ 2.25 mg/L | 37 | -3.61 | -7.23 to 0.002 | 0.050 | -0.50 |
| < 2.25 mg/L | 36 | -2.29 | -5.47 to 0.89 | 0.158 | -0.36 |
| 4-HNE | | | | | |
| ≥ 3.28 ug/mL | 37 | -4.55 | -7.61 to -1.50 | 0.003 | -0.74 |
| < 3.28 ug/mL | 36 | -0.11 | -3.67 to 3.46 | 0.953 | 0.01 |

HsCRP, high-sensitivity C-reactive protein; 4-HNE, 4-hydroxynonenal; LMF, L-methylfolate; SAH, S-adenosylhomocysteine; SAM, S-adenosylmethionine.

References

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2. Papakostas GI, Shelton RC, Zajecka JM, et al. Effect of adjunctive L-methylfolate 15 mg among inadequate responders to SSRIs in depressed patients who were stratified by biomarker levels and genotype: results from a randomized clinical trial. *J Clin Psychiatry* 2014;75:855-63.