

## Faculti Summary

<https://faculti.net/the-antidepressant-effects-of-lactate/>

This video discusses the role of lactate in metabolism, particularly in relation to brain function, exercise, and depression. It explains that lactate is produced from glucose metabolism in cells and is not simply a waste product; rather, it is shuttled between different cells for energy production. The "astrocyte neuron lactate shuttle" allows glial cells in the brain to produce lactate, which is then used by neurons.

Additionally, during exercise, muscles produce lactate, contributing to the energy exchange within muscle cells and affecting other tissues like the liver and brain. This video emphasizes that lactate is not just a byproduct of metabolism but a significant energy source for cells, especially during physically active states.

This video also connects the production of lactate to its potential antidepressant effects, observing that physical exercise can enhance mood and provide therapeutic benefits against depression. Research indicates that a decrease in glial cells, which produce lactate, correlates with depression, while some antidepressants have been shown to increase lactate levels in these cells.

Experiments demonstrated that injecting lactate into animal models of depression reversed depressive behaviors, unlike pyruvate, which had no such effect. This video indicates lactate may promote neurogenesis—the creation of new neurons in the brain—highlighting its importance in combating the effects of stress and depression.

Overall, the findings suggest that lactate plays a crucial role in energy metabolism and has therapeutic implications for treating depression, particularly through its impact on neurogenesis and the brain's response to stress.