

Abstract

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Effect of zinc supplementation on mood states in young women: a pilot study.

Sawada T, Yokoi K.

Department of Food and Nutrition, Morioka Daigaku Junior College, Iwate, Japan.

OBJECTIVE: The relation of zinc (Zn) nutriture to brain development and function has been elucidated. The purpose of this study is to examine whether Zn supplementation improves mood states in young women.

METHODS: The study used a double-blind, randomized and placebo-controlled procedure. The major outcomes were psychological measures, somatic symptoms and serum Zn. Thirty women were placed randomly and in equal numbers into two groups, and they ingested one capsule containing multivitamins (MVs) or MV and 7 mg Zn daily for 10 weeks.

RESULTS: Women who took MV and Zn showed a significant reduction in anger-hostility score ($P=0.009$) and depression-dejection score ($P=0.011$) in the Profile of Moods State (POMS) and a significant increase in serum Zn concentration ($P=0.008$), whereas women who took only MV did not.

CONCLUSION: Our results suggest that Zn supplementation may be effective in reducing anger and depression.

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