

Abstract

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Vitamin C provision improves mood in acutely hospitalized patients.

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OBJECTIVE: Hypovitaminosis C and D are highly prevalent in acutely hospitalized patients, but the clinical significance of these biochemical abnormalities is not known. Because deficiencies of vitamin C and D have been linked to psychologic abnormalities, vitamin C or D provision could improve the mood state of acutely hospitalized patients.

METHODS: Double-blind clinical trial of the effect of vitamin C (500 mg twice daily) or vitamin D (1000 IU twice daily) on mood, as assessed with a validated instrument, the Profile of Mood States.

RESULTS: Vitamin C therapy increased plasma ($P < 0.0001$) and mononuclear leukocyte ($P = 0.014$) vitamin C concentrations and was associated with a 34% reduction in mood disturbance ($P = 0.013$). Vitamin D therapy increased plasma 25-hydroxyvitamin D concentrations ($P = 0.0004$), but had no significant effect on mood.

CONCLUSIONS: Treatment of hypovitaminosis C improves the mood state of acutely hospitalized patients.

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