

# Abstract

Nutr Rev. 2006 Jan;64(1):39-42.

## Zinc: the new antidepressant?

Levenson CW.

Program in Neuroscience, Department of Nutrition, Food and Exercise Sciences, Florida State University, 237 Biomedical Research Facility, Tallahassee, FL 32306-4340, USA.

**BACKGROUND:** Low serum zinc levels have been linked to major depression. Furthermore, zinc treatment has been shown to have an antidepressant effect.

**CONCLUSION:** With the hope of understanding the role of zinc in mood disorders, recent work has begun to explore possible mechanisms of zinc action on serotonin uptake in the brain.

PMID: 16491668

