

ANXIETY

Carnitine

Studies show that carnitine can reduce anxiety and improve feelings of well being.^{28,29}

Chromium

Its effect on serotonin transmission may explain its anxiolytic (anxiety relieving) effect in animal studies.^{30,31}

Folate

Aids in production of neurotransmitters such as dopamine and serotonin, which have a calming effect on mood.^{19,32,33}

Inositol

A neurochemical messenger in the brain, inositol (vitamin B8) affects dopamine and serotonin receptors; Trials confirm it is very effective in reducing panic attacks.^{1,2}

Choline

Precursor to the neurotransmitter acetylcholine, which affects focus and mood; Low levels of choline linked to anxiety.^{3,4}

Vitamins D and E

Low vitamin D status is linked to anxiety; Animal studies confirm the role of vitamins D and E in reducing anxiety-related behavior.^{24,25,26,27}

Serine

Exerts a calming effect by buffering the adrenal response to physical or emotional stress; Lowered anxiety scores of patients with post traumatic stress disorder.^{5,6,7}

Vitamin B3

One of the symptoms of severe B3 deficiency (pellagra) is anxiety; Pharmacological doses of B3 may enhance the calming effects of GABA in the brain; Converts tryptophan to serotonin.^{19,22,23}

Copper

Integral part of certain chemicals in the brain (such as endorphins) that calm anxious feelings; Anxiety-like behavior may be exacerbated with copper deficiency.^{8,9,10}

Vitamin B6

Cofactor in synthesis of calming neurotransmitters such as GABA (gamma-aminobutyric acid), serotonin and dopamine.^{19,20,21}

Selenium

Repletion of selenium to normal levels reduced anxiety scores in clinical trials; Some suggest the mechanism of action is due to its role in key regulatory proteins (selenoproteins).^{14,15}

Magnesium

Regulates the HPA (hypothalamic-pituitary adrenal) axis which controls physical and psychological reactions to stress; Deficiency can induce anxiety and emotional hyper-reactivity.^{11,12,13}

Zinc

Reduces anxiety in clinical trials, possibly due to its interaction with NMDA (N-methyl-D- aspartate) receptors in the brain which regulate mood.^{16,17,18}

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