Carnitine
Studies show that carnitine can reduce anxiety and improve feelings of well-being.

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.

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.

Vitamin B6
Cofactor in synthesis of calming neurotransmitters such as GABA (gamma-aminobutyric acid), serotonin and dopamine.

Zinc
Reduces anxiety in clinical trials, possibly due to its interaction with NMDA (N-methyl-D-aspartate) receptors in the brain which regulate mood.

Chromium
Its effect on serotonin transmission may explain its anxiolytic (anxiety relieving) effect in animal studies.

Folate
Aids in production of neurotransmitters such as dopamine and serotonin, which have a calming effect on mood.

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.

Choline
Precursor to the neurotransmitter acetylcholine, which affects focus and mood; Low levels of choline linked to anxiety.

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.

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.

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).

Magnesium
Regulates the HPA (hypothalamic-pituitary adrenal) axis which controls physical and psychological reactions to stress; Deficiency can induce anxiety and emotional hyper-reactivity.
REFERENCES


