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]

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]

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]

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