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.\(^{24,25,26,27}\)

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).\(^{14,15}\)

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.\(^{3,4}\)

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.\(^{5,6,7}\)

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

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.\(^{8,9,10}\)

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

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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REFERENCES


Additional references at http://www.spectracell.com/online-library-mnt-anxiety-abstract/