

Daily Dose of Zinc May Curb Anger, Depression

Zinc deficiency affects an estimated 30% of the world's population, and zinc deficiency is often marked by mood swings. Japanese researchers examine whether zinc supplementation could beneficially impact mood states in young women. The team recruited 30 women for a ten-week long study, during which subjects were randomly assigned into one of two groups: one group received a capsule containing a multivitamin only, and the other received a capsule containing multivitamin plus 7 mgs zinc gluconate. Women who received the multivitamin plus zinc showed a higher serum concentration of zinc, and significantly reduced scores on anger-hostility assessments, as well as the depression-ejection evaluation. The researchers conclude that: "Our results suggest that [zinc] supplementation may be effective in reducing anger and depression."

T Sawada, K Yokoi. "Effect of zinc supplementation on mood states in young women: a pilot study." *European Journal of Clinical Nutrition* 64, 331-333, 20 January 2010; doi:10.1038/ejcn.2009.158.