

Researchers Find Micronutrient Formula Significantly Decreases Anxiety, Depression, and Stress

University of Canterbury researchers found Truehope EMPowerplus significantly improved anxiety, depression, and stress levels in earthquake survivors who had ADHD compared to survivors not taking EMPowerplus.

Raymond, Alberta March 6, 2012 — Researchers at the University of Canterbury recently published in *The New Zealand Journal of Psychology* [the results](#) of their research into the role Truehope EMPowerplus, a micronutrient formula, played in protecting the well-being of earthquake survivors who had ADD/ADHD.

Following the September 2010 7.1-magnitude earthquake in the Canterbury area of New Zealand, researchers Julia Rucklidge and Neville Blampie tested 33 subjects for effects the earthquake had on levels of anxiety, depression, and stress. All participants had recently been tested and confirmed as having ADHD. About half of the participants (16) were already taking EMPowerplus as part of ongoing research; the others were not.

All participants had been tested prior to the earthquake using the Depression Anxiety and Stress Scale (DASS-42). Researchers tested each participant 7–10 days after the earthquake and again 14–18 days after the earthquake. Results showed participants on EMPowerplus were more resilient to anxiety, depression, and stress caused by the earthquake than those not taking it; the effect was particularly marked for depression.

“Naturally, we are excited about these new findings,” says Anthony Stephan, CEO and Founder of Truehope. “The results join an ever-increasing body of research validating what we at Truehope have known for over 15 years: EMPowerplus improves mental health and gives hope to those struggling with mood disorders.”

About Truehope:

Truehope Nutritional Support Ltd. is a non-profit company dedicated to promoting mental well-being in those suffering from various mood disorders, by providing a broad-based, balanced supply of micronutrients needed for healthy brain function and development. The

company was founded by Anthony Stephan and David Hardy in 1996 after Anthony's wife, Debbie—who suffered from bipolar disorder—committed suicide in 1994. Their flagship micronutrient formula, EMPowerplus, contains [36 vitamins, minerals, antioxidants, and amino acids](#), and has been taken by over 80,000 people living in 102 countries around the world. EMPowerplus has been independently researched by 30 researchers at 13 universities and has been the subject of 17 publishings in peer-reviewed journals.

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Twitter: <http://twitter.com/TruehopeEmpower>

Resources

http://www.psychology.org.nz/cms_show_download.php?id=1474

<http://www.truehope.com/doctors/ingredients.aspx>