















**Table 2. Micronutrient-mood randomized controlled trials.**

Year	Design*	Sample	Diagnosis	Outcome	Intervention‡
1990	RCT <sup>15</sup>	41 adults	depression (n=24); schizophrenia (n=17)	• improved clinical symptom scores at 3 and 6 months	 folic acid
1997	RCT <sup>16</sup>	120 women	healthy	• improved mood on weekly self-report	 thiamine
1999	M-A <sup>17</sup>	940 women from 9 RCTs	premenstrual syndrome	• improved overall symptoms, particularly depressive	 vitamin B <sub>6</sub>
1998	RCT <sup>18</sup>	466 women	premenstrual syndrome	• improved negative affect	 calcium
2003	RCT <sup>19</sup>	15 adults	atypical depression	• symptom remission	 chromium
2000	RCT <sup>20</sup>	20 adults	manic symptoms	• improved manic symptoms	 magnesium
1991	RCT <sup>†21</sup>	50 adults	healthy	• improved mood	 selenium
1982	RCT <sup>†22</sup>	6 adults	manic episode	• symptom remission	 lecithin
1995	RCT <sup>23</sup>	209 adults	healthy	• improved mood (females only)	 9
2000	RCT <sup>24</sup>	300 adults	scored high on a stress index	• reduced stress and anxiety	 10
2000	RCT <sup>25</sup>	80 adults	healthy	• reduced stress and anxiety	 12
2000	RCT <sup>26</sup>	80 children	history of school discipline	• fewer rule infractions	 23
2002	RCT <sup>27</sup>	172 young adults	violent and antisocial behavior in prison	• fewer violent and antisocial incidents	 30
2008	RCT <sup>**</sup>	96 adults	bipolar disorder	• pending	 36




\* RCT = randomized controlled trial.

M-A = meta-analysis

\*\* ClinicalTrials.gov identifier: NCT00109577.

† includes crossover.

\* number of ingredients in each intervention is shown by total bar length and adjacent bar label; type of ingredients in each intervention is shown by bar colors:

-  vitamins
-  minerals
-  other nutrients