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In a recent study of healthy adult men, multivitamin supplementation led to improved ratings of stress, vigor, mental health, and cognitive performance during intense mental processing.

MULTIVITAMINS IMPROVE MENTAL FATIGUE AND STRESS IN HEALTHY MEN

Many adults report regular use of multivitamin supplements. One of the common reasons for doing so is combating mental fatigue and stress, although few studies have analyzed the relationship between multivitamin supplementation and mental performance in healthy, non-elderly adults.

In a recent article published in the journal *Psychopharmacology*, researchers reported that multivitamin and mineral supplements taken daily for a month improved mental fatigue and stress levels in adult men.

Participants in this double-blind study included 215 healthy men between the ages of 30 and 55 who were regularly exposed to mental fatigue and stress in their full-time employment. Subjects received a placebo or multivitamin and mineral supplement which they took daily for 33 days. The multivitamin included moderate levels of vitamin C and the B vitamins, as well as the minerals magnesium, calcium and zinc.

Previous to and following the last day of treatment, subjects completed questionnaires that measured mood states, perceived stress, and general health. On the final day, further testing evaluated cognitive performance and task-related changes in mood and fatigue while walking on a treadmill.

When compared to the placebo group, participants receiving the multivitamin supplement experienced a significant improvement in perceived stress, general health and vigor, cognitive function, and mental fatigue.

While it isn't possible to identify the specific mechanism of action responsible for these improvements, these results support results from previous research indicating that supplementation of multivitamin/minerals in healthy, normal populations may provide beneficial effects on mental health, adaptation to stress, and cognitive function.

Kennedy DO, et al. Effects of high-dose B vitamin complex with vitamin C and minerals on subjective mood and performance in healthy males. 2010. Psychopharmacology (Berl) 211(1):55-68.