

Basic Micronutrients & Mental Health

- 1) (c) Which mineral is involved in the relaxation of muscle and nerve tissue?
 - a) copper
 - b) chromium
 - c) magnesium
 - d) iron

- 2) (d) Deficiencies of which B vitamin are most often found with anger-management issues?
 - a) niacin
 - b) riboflavin
 - c) cobalamin
 - d) thiamin

- 3) (b) Which B vitamin is responsible for turning our urine a bright yellow? a) B1 - thiamin
 - b) B2 - riboflavin
 - c) B3 - niacin
 - d) B5 - pantothenic acid
 - e) B6 - pyridoxine

- 4) (d) Which trace mineral is important for glucose utilization inside neurons? a) copper
 - b) manganese
 - c) iron
 - d) chromium

- 5) (False) Research has shown antioxidants to have no measurable effect on mood.

- 6) (True) Lithium is crucial to B12 transport into neurons.

- 7) (False) Copper has an anxiety-reducing effect in most people.

- 8) (True) Vitamin C can be an effective short-term anxiolytic.

- 9) (True) Omega-3 molecules are crucial parts of the structures that help neurons receive signals from each other.

- 10) (True) Omega-3 molecules spoil extremely easily.