

## The Role of Micronutrient for Depressed Patients

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### Abstract

Majority of individuals aren't conscious of the relation between nutrition and depression. Depression is usually resulted from an imbalance in brain chemical which will flow from to more typically thought of as strictly biochemical-based or emotionally-rooted. As a result, nutrition can play a key role within the onset also as severity and duration of depression. Several micronutrient deficiencies adversely affect the brain and hence could aggravate mental disorders. it's important that proper attention to diet, and, when indicated, appropriate supplementation with vitamin C ,

vitamin Bc , niacin, thiamine, iron, zinc, magnesium , potassium and sodium and omega-3 fatty acids. because the brain chemical (neurotransmitters) are made up of chemical precursors, usually from an aminoalkanoic acid (protein) and other micronutrients (vitamin and minerals), it's clear to know how deficiencies of those nutrients could lead on to changes within the pattern of brain chemical neurotransmitter production resulting in mental disease like depression