Study Found Magnesium Pills Significantly Improved Depression

Melissa Scott March 14, 2018

Divine Bounty Magnesium Citrate

Divine Bounty Magnesium Citrate could be a great option since it is a great solution for individuals who want to take advantage of the therapeutic goodness of magnesium.

(Newswire.net -- March 14, 2018) Orlando, FL -- Minerals like magnesium have long been found to be good for overall health. This mineral could also fight a range of diseases and disorders, including the ones that affect the brain.

A study found magnesium pills significantly improved depression. This new research revealed that this improvement was achieved in just two weeks of magnesium use. Antidepressants are undeniably helpful, but they could also cause side effects.

Unlike antidepressants, this mineral could help ease mental health conditions without causing side effects. According to the researchers, 61 percent of the participants in the study stated that they would utilize magnesium supplements for managing depression in the future.

It is worth mentioning that magnesium has been thought to ease depression through its ability to combat inflammation, which has long been linked with this mental health condition.

The study author was Emily Tarleton from the University of Vermont. She stated that the results of the study were very encouraging, especially that there is a great need for more treatment options for the brain disorder.

They suggest that magnesium supplementation could be a fast, safe and inexpensive treatment in controlling depressive symptoms.

Magnesium is thought to ease depression by combating inflammation, which is linked to the mental health condition.

It is important to understand that according to a study, parents who worry about the sleeping habits of their children are more susceptible to depression.

The researchers from the University of British Columbia has further found that the findings of this study showed treating the insomnia of children can also provide parents a mental health boost.

A study conducted by the researchers from the University of Vermont revealed that administration of 248 mg of magnesium daily for six weeks improved the symptoms of depression and anxiety of the participants after two weeks.

This research was published in the PLOS ONE journal. It was further revealed that the improvements in the symptoms took place regardless of the age, sex, and antidepressant use of the participants.

Divine Bounty Magnesium Citrate could be a great option since it is highly potent and pure. It is a great solution for individuals who want to take advantage of the therapeutic goodness of magnesium.

This carefully-crafted formula is highly potent and pure. It even has citric acid, which could increase the absorption of magnesium inside the body.

This highly potent formula is also pure and free from unwanted, nasty ingredients like fillers, binders, additives, preservatives and GMOs. It is even backed with a 100 percent customer satisfaction guarantee.

(www.amazon.com/Divine-Bounty-Magnesium-Citrate-Supplement/dp/B01LYWPNY6)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate

about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.

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