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The Effect of Magnesium Supplementation on Depression Status in Depressed Patients with Magnesium Deficiency: A Randomized, Double-blind, Placebo-Controlled Trial

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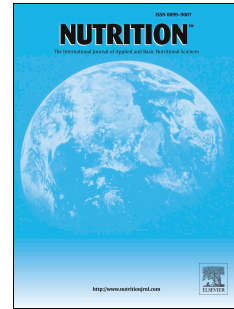
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1 The Effect of Magnesium Supplementation on Depression Status in Depressed
2 Patients with Magnesium Deficiency: A Randomized, Double-blind, Placebo-
3 Controlled Trial

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16 **Abstract:**

17 **Objectives:** The aim of this trial was to determine the effect of magnesium supplementation on
18 depression status of depressed patients suffering from magnesium deficiency.

19 **Methods:** In this trial 60 depressed people suffering from hypomagnesemia participated. The
20 individuals were randomly categorized into two groups of 30 members; one receiving daily two
21 250-mg tablets of magnesium oxide(MG) and the other receiving placebo(PG) for 8 weeks. Beck
22 II test was conducted and the concentration of serum magnesium was also measured.

23 **Results:** At the end of intervention 88.5% of the MG and 48.1% of the PG (p=0.002) had a
24 normal level of magnesium. The mean changes of serum magnesium had a significant difference
25 across the two groups. After the intervention, the mean score of Beck test significantly declined.
26 However, in the MG this reduction was more significant than in the PG (P=0.02), so that the
27 mean changes in this group experienced 15.65±8.9 reduction, but in the PG, it declined by
28 10.40±7.9.

29 **Conclusions:** Daily consumption of 500mg magnesium oxide tablets for at least 8 weeks by
30 depressed patients suffering from magnesium deficiency leads to depression status as well as
31 magnesium levels improvement. Therefore, assessment of the magnesium serum and resolving
32 this deficiency positively influence the treatment of the depressed patients.

33 **Keywords:** Depression, Magnesium Supplementation, Magnesium Deficiency, N-methyl-D-
34 aspartate (NMDA)

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