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## **Vitamins for Panic Attacks & Anxiety**

As you're aware I previously discussed important minerals for sufferers of panic attacks should know about and now I want to do the same for vitamins.

### **Vitamin C for panic attacks?**

Vitamin C is essential for proper functioning of the adrenal glands and brain chemistry. Surprisingly in large doses Vitamin C can actually have a tranquilizing effect. It is very important for dealing with stress and is associated with reducing anxiety.

Vitamin C is found in many foods; fruits, vegetables and even meat poultry and fish contain Vitamin C.

Good vegetable sources include broccoli, bell peppers, kale, cauliflower, strawberries, lemons, mustard and turnip greens, brussels sprouts, papaya, chard, cabbage, spinach, kiwifruit, snow peas, cantaloupe, oranges, grapefruit, limes, tomatoes, zucchini, raspberries, asparagus, celery, pineapples, lettuce, watermelon, fennel, peppermint and parsley.

### **Vitamin B Complex for panic attacks**

The B vitamins are also essential for proper functioning of the adrenal glands and helps maintain nervous system functioning.

Vitamin B1 is said to help reduce anxiety and have an overall calming effect on the nerves.

Vitamin B6 (pyridoxine) on the other hand is really interesting as it has sort of a dual function in that it has both an energizing effect as well as a calming effect. Vitamin B6 is significant contributor in the production of certain brain chemicals.

Also niacinamide (not niacin) can have a calming effect.

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Good sources of B Vitamins include meat, dairy products and eggs and many other vegetarian alternatives in the form of fortified foods.

I always believe in taking a good multi vitamin and mineral supplement and of course I'd want to ensure that it includes a Vitamin B Complex and Vitamin C because as you can see these vitamins are good for anxiety and panic attacks.

Western medical paradigms generally turn to pharmaceuticals for things such as anxiety and panic attacks; however, many things, for example vitamins and minerals though have been known for some time to have benefits for treating these things without the side-effects that many medications can have on a person.

I'm in no way advocating that you stop any medication but rather am making the point that there are a variety of additional things that you can consider. Of course like anything related to health you should always consult a qualified healthcare provider before starting something new.

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