



Biol Trace Elem Res, 2012 Dec 14  
Dietary Intake of Magnesium May Modulate Depression.  
Yary T, Azami S, Soleimannejad K.

*"The results of the study demonstrated an inverse relationship between magnesium intake and depressive symptoms, **which persisted even after adjustments** for sex, age, body mass index, monthly expenses, close friends, living on campus, smoking (current and former), education, physical activity, and marital status."*