



Multiple-Vitamin/Mineral Supplement Increases IQ

Nutrition and Intelligence

With the increase consumption over the last 25 years or more of fast food, processed food, sugar, snacks, artificial soft drinks, and skipped meals, experts in the field of nutrition have long considered that academic performance is connected to our diet. The better the diet, the higher the IQ, the worse the diet, the lower the IQ and cognitive function. To test this theory researchers from a California State University put together a double-blind trial in two “working class” elementary schools in Arizona.

Children’s Study

In this study they took a group of 245 children 6 to 12 years old and gave them either a multiple-vitamin/mineral formula which provided 50% of the daily recommended allowance, or a placebo once a day. But before this took place all of the children were given a nonverbal IQ assessment which is the ability to analyze information and the speed at which it is performed. The same assessment was given to the children when the study was completed.

Results of Study

When the children completed the study it was discovered that there were significant differences between the ones that took the multiple-vitamin/mineral formula and the ones that took the placebo. For the children that took the multiple-vitamin/mineral formula they had a greater gain of 2.5 IQ points. Also, “a significantly higher proportion of children in the active (multiple-vitamin/mineral formula) group gained 15 or more IQ points when compared to the placebo group. The researchers suggest that for these particular children in this study a multiple-vitamin/mineral formula can enhance intelligence greatly, “presumably because they were too poorly nourished before supplementation for optimal brain function.”

Role of Nutrition and Academic Performance

The same researchers suggest that if parent’s children are performing poorly in school they should consider the role that nutrition plays in their child’s academic performance.

Teenagers and Adults Affected Too

Although this study was done with children, teenagers and adults can be affected as well. Many people accept the fact that as we age our memory and cognitive function will naturally become worse. But is it really because of age this occurs, or is it because of diet and lifestyle?

Unhealthy Lifestyle Affects Body and Brain

In the last 50 years our diet has become tremendously processed being loaded with all kinds of bad fats, too much fat, white flour and sugar, sodas and processed drinks with all kinds of man-made chemicals, and fried foods. Then there is the unhealthy lifestyle, lack of exercise, smoking, excess alcohol, and stress combined with poor eating habits contributing to being overweight and obese.

This is not only a wonderful mix for diseases such as heart attacks, strokes, diabetes, cancer, and arthritis, but it is a great way for your brain to lose its ability to remember things, process information and just plain function correctly. Remember your brain does more than just help you remember to reason and problem solve, it is your body’s computer. When your brain begins to deteriorate it affects your whole body.

So the benefit of eating right and exercising and living a healthy lifestyle is not just for your body, it is just as much for your brain. THINK ABOUT!

Scheonthaler SJ, Bier ID, Young K, et al. The effect of vitamin-mineral supplementation on the intelligence of American schoolchildren: a randomized double-blind placebo-controlled trial. *Journal of Alternative & Complementary Medicine*. 2000;6:19-29

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