

# Randomized clinical trial investigating effects of a multi-nutrient combination on mood, stress, sleep and cognition in healthy young adults

ACTRN12611000092998

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Swisse Vitamins Pty Ltd
<b>Enrollment</b>	160 participants

## Plain Language Summary

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This study is investigating whether taking a daily multivitamin and multi-nutrient supplement for four months can improve mood, reduce stress, improve sleep, and sharpen thinking in healthy young adults. Participants are randomly assigned to take either the supplement or a look-alike placebo (dummy pill) and are tested at the start, after 2 months, and after 4 months. A smaller group will also do weekly tests at home on a mobile phone and have brain activity (brainwave) recordings taken.

You may be eligible if:

- You are a healthy non-smoking male or female between 25 and 45 years old
- You are employed at least part-time or studying in higher education or TAFE
- You have no history of anxiety, depression, psychiatric disorders, or epilepsy
- You have no history of heart disease, high blood pressure, or diabetes
- You are not currently taking any medications, vitamin supplements, herbal products, or illicit drugs that could affect mood or thinking
- You are not pregnant or trying to become pregnant
- You have no gluten or wheat allergy
- You are willing to provide blood samples during the study

You may NOT be eligible if:

- You smoke cigarettes
- You drink heavily (more than 2 standard drinks per day on average)
- You have been diagnosed with diabetes, heart disease, or high blood pressure
- You have a history of anxiety, depression, psychiatric disorders, or epilepsy
- You have kidney, liver, or serious digestive problems
- You have had a head injury or stroke
- You are currently taking Warfarin
- You are participating in another clinical trial

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (14)

- Healthy non-smoking males and females aged between 25 and 45 years.
- Currently in at least part-time employment and/or a student in higher education or TAFE.
- No history of anxiety, depression, psychiatric disorders or epilepsy
- No history of / do not currently suffer from heart disease or high blood pressure or diabetes.

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000092998>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.

- Not taking any medication, herbal extracts, vitamin supplements or illicit drugs which might reasonably be expected to interfere with cognition or mood for 4 weeks prior to (and duration of) study.

... and 9 more (see full listing online)

#### **Exclusion (17)**

- Cigarette smoker
- Heavy drinker of alcohol (averages more than 2 standard drinks per day).
- Diagnosis of Type 1 or Type 2 diabetes
- History of anxiety, depression, psychiatric disorders or epilepsy
- History of / currently suffers from heart disease or high blood pressure.

... and 12 more (see full listing online)

#### **Locations (1 total)**

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Australia