

**Empirical reports on multinutrient treatment of mental health**  
**plus some relevant reviews and commentaries**

*As of September 2016*

(Some are in open access journals, and typing in the URL that is provided  
 will give you free access to the article)

**Treatment studies/empirical reports**

1. Sole, E., Blampied, N. & Rucklidge, J. J. (in press). Anxiety and stress in children following an earthquake: Clinically beneficial effects of treatment with micronutrients. *Journal of Child and Family Studies*.
2. Kaplan BJ, Leaney C, Tsatsko E (2016). Micronutrient treatment of emotional dyscontrol following traumatic brain injury: A case study. *Annals of Psychiatry and Mental Health*, 4(5): 1078.
3. Lothian J, Blampied NM, Rucklidge JJ (2016 in press). Effect of micronutrients on insomnia in adults: A multiple-baseline design. *Clinical Psychological Science*. Published online before print May 23, 2016, doi: 10.1177/2167702616631740
4. Gordon HA, Rucklidge JJ, Blampied NM, Johnstone JM (2015). Clinically significant symptom reduction in children with attention-deficit/hyperactivity disorder treated with micronutrients: an open-label reversal design study. *Journal of Child and Adolescent Psychopharmacology*, 25(10):783-98.
5. Kaplan BJ, Hilbert P, Tsatsko E (2015). Micronutrient treatment for children with emotional and behavioural dysregulation: three cases. *Journal of Medical Case Reports*. 9:240 DOI 10.1186/s 13256-015-0735-0
6. Kaplan BJ, Rucklidge JJ, Romijn AR, Dolph M (2015). A randomised trial of nutrient supplements to minimise psychiatric illness after a natural disaster. *Psychiatry Research*, 228:373-79.
7. Rucklidge JJ, Frampton C, Gorman B, & Boggis A (2014 May 7). Vitamin-mineral treatment of ADHD in adults: A one year follow up of a randomized controlled trial. *Journal of Attention Disorders*. ePub ahead of print.
8. Rucklidge JJ, Frampton C, Gorman B, & Boggis A (2014). Vitamin-mineral treatment of ADHD in adults: A double-blind, randomized, placebo controlled trial. *British Journal of Psychiatry*, 204, 306-315.
9. Rucklidge JJ, Johnstone J, Gorman B, & Boggis A, & Frampton C (2014). Moderators of treatment response in adults with ADHD to micronutrients: demographics and biomarkers. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 50, 163–171.
10. Rucklidge JJ, Blampied N, Gorman B, Gordon H, & Sole E (2014). Psychological functioning one year after a brief intervention using micronutrients to treat stress and anxiety related to the 2011 Christchurch earthquakes: A naturalistic follow-up. *Human Psychopharmacology: Clinical and Experimental*, 29(3), 230-243.
11. Rucklidge JJ (2013). Could yeast infections impair recovery from mental illness? A case study using micronutrients and olive leaf extract for the treatment of ADHD and depression. *Advances in Mind-Body Medicine*, 27(3), 14-18.
12. Frazier EA, Gracious B, Arnold LE, Failla M, Chitchumroonchokchai C, Habash D, and Fristad MA (2013). Nutritional and Safety Outcomes from an Open-Label Micronutrient Intervention for Pediatric Bipolar Spectrum Disorders. *Journal of Child and Adolescent Psychopharmacology*, 23(8):558-67.

13. Harrison R, Rucklidge JJ, Blampied N. (2013). Use of micronutrients attenuates cannabis and nicotine abuse as evidenced from a reversal design: A case study. *Journal of Psychoactive Drugs*, 45(2):168-78.
14. Rodway M, Vance A, Watters A, Lee H, Bos E, Kaplan BJ (2012), Efficacy and cost of micronutrient treatment of childhood psychosis. *British Medical Journal Case Reports*, 2012 Nov 9. <http://casereports.bmj.com/sevendays?fdate=11/05/2012&tdate=11/11/2012>
15. Rucklidge JJ, Andridge R, Gorman B., Blampied N, Gordon H. & Boggis A (2012). Shaken but unstirred? Effects of micronutrients on stress and trauma after an earthquake: RCT evidence comparing formulas and doses. *Human Psychopharmacology: Clinical and Experimental*. 27(5):440-54.
16. Frazier EA, Fristad MA, Arnold LE (2012). Feasibility of a nutritional supplement as treatment for pediatric bipolar spectrum disorders. *Journal of Alternative and Complementary Medicine*, 18(7):678-685.
17. Rucklidge JJ, Johnstone J, Harrison R (2011). Can micronutrients improve neurocognitive functioning in adults with ADHD and severe mood dysregulation? A pilot study. *Journal of Alternative and Complementary Medicine*, 17(12):1-7.
18. Rucklidge JJ, Blampied NM (2011). Post-earthquake psychological functioning in adults with Attention-Deficit/Hyperactivity Disorder: Positive effects of micronutrients on resilience. *New Zealand Journal of Psychology*, 40(4):51-57.
19. Rucklidge JJ, Johnstone J, Harrison R & Boggis A (2011). Micronutrients reduce stress and anxiety following a 7.1 earthquake in adults with Attention-Deficit/Hyperactivity Disorder. *Psychiatry Research*, 189:281-87.
20. Simpson JSA, Crawford SG, Goldstein ET, Field C, Burgess E, Kaplan BJ (2011). Systematic review of safety and tolerability of a complex micronutrient formula used in mental health. *BMC Psychiatry*. 11:62. <http://www.biomedcentral.com/content/pdf/1471-244X-11-62.pdf>
21. Rucklidge JJ, Taylor MR, Whitehead KA (2011). Effect of micronutrients on behaviour and mood in adults with ADHD: Evidence from an 8-week open label trial with natural extension. *Journal of Attention Disorders*, 2011;15(1):79-91.
22. Rucklidge JJ, Gately D, Kaplan BJ (2010). Database analysis of children and adolescents with Bipolar Disorder consuming a micronutrient formula. *BMC Psychiatry*, 10:74. <http://www.biomedcentral.com/content/pdf/1471-244X-10-74.pdf>
23. Rucklidge JJ & Harrison (2010). Successful treatment of Bipolar Disorder II and ADHD with a micronutrient formula: A case study. *CNS Spectrums*, 15(5):231-237.
24. Mehl-Madrona L, Leung B, Kennedy C, Paul S, Kaplan BJ (2010). Micronutrients versus standard medication management in autism: A naturalistic case-control study. *Journal of Child and Adolescent Psychopharmacology*. 20(2): 95-103. <http://www.liebertonline.com/doi/pdfplus/10.1089/cap.2009.0011>
25. Gately, D & Kaplan BJ (2009). Database analysis of adults with bipolar disorder consuming a micronutrient formula. *Clinical Medicine Insights: Psychiatry*. 4:3-16. [http://la-press.com/article.php?article\\_id=1384](http://la-press.com/article.php?article_id=1384)
26. Rucklidge JJ (2009). Successful treatment of OCD with a micronutrient formula following partial response to CBT: A case study. *Journal of Anxiety Disorders*, 23: 836–840.
27. Frazier EA, Fristad M, Arnold LE (2009). Multinutrient Supplement as Treatment: Literature Review and Case Report of a 12-year-old Boy with Bipolar Disorder. *Journal of Child and Adolescent Psychopharmacology*, 19:453-460.
28. Kaplan BJ, Fisher, JE, Crawford SG, Field CJ, Kolb B (2004). Improved mood and behavior during treatment with a mineral-vitamin supplement: An open-label case series of children. *Journal of Child and Adolescent Psychopharmacology*, 14(1), 115-122.

29. Kaplan BJ, Crawford SG, Gardner B, & Farrelly G (2002). Treatment of mood lability and explosive rage with minerals and vitamins: Two case studies in children. *Journal of Child and Adolescent Psychopharmacology*, 12(3), 203-218.
30. Simmons M (2003). Nutritional approach to bipolar disorder (Letter). *Journal of Clinical Psychiatry*, 64, 338.
31. Popper CW (2001). Do vitamins or minerals (apart from lithium) have mood-stabilizing effects? [Commentary]. *Journal of Clinical Psychiatry*, 62, 933-935.
32. Kaplan BJ, Simpson JSA, Ferre RC, Gorman C, McMullen D, & Crawford SG (2001). Effective mood stabilization in bipolar disorder with a chelated mineral supplement. *Journal of Clinical Psychiatry*, 62, 936-944.

#### **Review articles, and others relevant to broad-spectrum micronutrient treatment**

1. Rucklidge JJ, Mulder RT. Could nutrition help behaviours associated with personality disorders? A narrative review. *Personality and Mental Health*. 2015 Dec 8. doi: 10.1002/pmh.1325. [Epub ahead of print]
2. Jerome Sarris, Alan C Logan, Tasnime N Akbaraly, G Paul Amminger, Vicent Balanzá-Martínez, Marlene P Freeman, Joseph Hibbeln, Yutaka Matsuoka, David Mischoulon, Tetsuya Mizoue, Akiko Nanri, Daisuke Nishi, Drew Ramsey, Julia J Rucklidge, Almudena Sanchez-Villegas, Andrew Scholey, Kuan-Pin Su, Felice N Jacka, on behalf of The International Society for Nutritional Psychiatry Research. Nutritional medicine as mainstream in psychiatry. *Lancet Psychiatry* (2015), 2(3):271-4; [http://dx.doi.org/10.1016/S2215-0366\(14\)00051-0](http://dx.doi.org/10.1016/S2215-0366(14)00051-0)
3. Kaplan BJ, Rucklidge JJ, Romijn A, McLeod K (2015 Feb 2). The emerging field of nutritional mental health: Inflammation, the microbiome, oxidative stress and mitochondrial function. *Clinical Psychological Science*. DOI: 10.1177/2167702614555413
4. Popper CW (2014). Single-nutrient and broad-spectrum micronutrient approaches for treating mood disorders in youth and adults. *Child and Adolescent Psychiatry Clinics of North America*, 23:591-672.
5. Rucklidge JJ, Kaplan BJ (2014). Broad spectrum micronutrient treatment for Attention-Deficit/Hyperactivity Disorder: Rationale, and evidence to date. *CNS Drugs* 2014 Sep;28(9):775-85. doi: 10.1007/s40263-014-0190-2.
6. Rucklidge JJ, Harris A, & Shaw I. (2014). Are the amounts of vitamins in commercially available dietary supplement formulations relevant for the management of psychiatric disorders in children? *New Zealand Journal of Medicine*, 127, 73-85.
7. Rucklidge JJ & Kaplan BJ (2013). Broad-spectrum micronutrient formulas for the treatment psychiatric symptoms: A systematic review. *Expert Review of Neurotherapeutics*, 13(1):49-73.
8. Rucklidge JJ, Johnstone J, Kaplan BJ (2013). Magic bullet thinking--why do we continue to perpetuate this fallacy? (Letter). *British Journal of Psychiatry*, 203(2):154.
9. Kaplan BJ, Leung B (2011). Micronutrient treatment of mental disorders. *Integrative Medicine: A Clinician's Journal*, 10(3):32-39.

10. Shaw I, Rucklidge JJ, Hughes RN (2010). A possible biological mechanism for the B Vitamins altering behaviour in ADHD. *Pharmaceutical Medicine*, 24 (5): 1-6.
11. Gardner A, Kaplan BJ, Rucklidge JJ, Jonsson BH, Humble MB (2010). The potential of nutritional therapy (Letter). *Science*, 327(5963):268.
12. Rucklidge JJ, Johnstone J, Kaplan BJ (2009). Nutrient supplementation approaches in the treatment of ADHD. *Expert Review of Neurotherapeutics*, 9(4), 461-476.
13. Kaplan BJ, Crawford S, Field C, and Simpson JSA. (2007). Vitamins, minerals, and mood. *Psychological Bulletin*, 133(5), 747-760.
14. Kaplan BJ and Shannon, S (2007). Nutritional aspects of child and adolescent psychopharmacology. *Psychiatric Annals*, 37(7), 519-528. (reprinted in *Pediatrics Annals*, 36(9), 600-609).