

Studies show that the composition of bananas has nutrients that help to cope with anxiety. This is also a tripo, magnesium, potassium, vitamin B6, antioxidants.

Banans cannot be called a proven remedy for anxiety. But their inclusion in the diet will definitely improve overall health and give you beneficial substances.

**Triptofan.** This is the predecessor of Serotonin, who plays a major role in the regulation of mood. Studies show that the technique of tripophanes improves mood and reduces anxiety in healthy adults.

**Magnesium.** Scientists have discovered a connection between the lack of this substance and anxiety. Also, taking magnesium additives reduces the manifestation of depression.

**Potassium.** According to the conclusion of one study, low potassium potassium consumption increases the risk of depression and anxiety.



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**Vitamin B6.** After taking additives with this vitamin for a month, young people with anxiety and depression reported to improve the symptoms.

**Antioxidants.** Banans contain vitamin C, beta-carotene, polyphenols, flavonoids. Some data show that when taking antioxidants along with traditional treatment of anxiety, its symptoms are reduced.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***