

People with multiple sclerosis may have lower levels of key nutrients

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Demyelination by MS. The CD68 colored tissue shows several macrophages in the area of the lesion. Original scale 1:100. Credit: [CC BY-SA 3.0](#) Marvin 101/Wikipedia

Women with multiple sclerosis (MS) may have lower levels of important antioxidant and anti-inflammatory nutrients, such as folate from food and vitamin E, than healthy people, according to a new study released

today that will be presented at the American Academy of Neurology's 67th Annual Meeting in Washington, DC, April 18 to 25, 2015.

For the study, researchers identified 27 Caucasian women with MS and compared them to 30 healthy Caucasian women between the ages of 18-60 and with [body mass index](#) of less than or equal to 30 kg/m². Participants reported on their diet and nutrition over the previous year prior to starting vitamin D supplementation.

On average, the women who had MS had lower levels of five nutrients with antioxidant or anti-inflammatory properties: food folate, vitamin E, magnesium, lutein-zeaxanthin and quercetin. For food folate, the women with MS had average intake of 244 micrograms (mcg), while the healthy women had an average intake of 321 mcg. The recommended daily allowance is 400 mcg. For magnesium, the women with MS had average intake of 254 milligrams (mg), while the healthy women met the recommended daily allowance of 320 mg with an average of 321 mg. The women with MS also had a lower average percentage of their calories from fat than the healthy participants.

"Since MS is a [chronic inflammatory disorder](#), having enough nutrients with anti-inflammatory properties may help prevent the disease or reduce the risk of attacks for those who already have MS," said study author Sandra D. Cassard, ScD, with Johns Hopkins University in Baltimore, MD. "Antioxidants are also critical to good health and help reduce the effects of other types of damage that can occur on a cellular level and contribute to neurologic diseases like MS. Whether the nutritional differences that we identified in the study are a cause of MS or a result of having it is not yet clear."

Provided by American Academy of Neurology

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