

Vitamins and Minerals for Depression and Anxiety

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It is obviously better to get these goodies from **real foods** but when you are not at your best, you might not have the wherewithal to get enough in your diet.

These can be **miracle cures if you are truly deficient**. Interestingly, people who are depressed generally are deficient in the ones that I've starred.

*Vit B complex (B 50) 1-2/day in morning

especially if you are highly stressed, eat a lot of sugar, use tobacco, caffeine or birth control pills
Critical - B6 (manufactures serotonin and dopamine, the two neurotransmitters most associated with depression)

Critical - Folate/Folic Acid

Critical - Niacin

B vitamin supplementation will make your pee yellow; no need to worry.

Vit C

Especially if highly stressed, pregnant, lactating, post surgery, or if you use aspirin regularly

500-3000mg/day - can give you diarrhoea at higher doses

*Vit D

2000mg /day

*Magnesium very frequently linked with depression

600-1200mg/day magnesium threonate, taurinate(aurate), glycinate or malate but not mag. Oxide or mag. Stearate 200mg /1 hour before 3 meals

Must eat calcium rich foods or take a calcium supplement to balance out the ratio.

Zinc 30-60mg/day (especially if you get sick often)

*Selenium methionine 200 mcg/day

*Omega 3 Fatty Acids / FISH OIL 1000mg/day

especially helpful for brain fog

Take in the morning with food

*Probiotics -for gut health; buy refrigerated, take 2-5 pills/day

N-Acetyl Cysteine (NAC) 600 mg 2xday

Avoid:

Sugar	Caffeine	Dairy	Eggs
Alcohol	Gluten/Wheat	Soy	
Aspartame	MSG	Corn	