



HARMONY  
COUNSELING

### Nutritional Supplements for Anxiety

Anxiety	Dose
Complex vitamins and minerals with L- Methylfolate	Dose varies, depending on brand and type.
Omega-3 Fish Oil	1-3 grams once daily
GLA or Borage Oil	1,000 mg once daily
Free Amino Acids	Dose varies
Probiotics	100+ CFUs once daily
Vitamin D	50,000 IU 1x/week for deficiency for 8 weeks, or 2,000-4,000 IU per day for maintenance
B6 pyridoxal phosphate	50 mg, twice daily
B-12 methylcobalamin	1,000 mcg, once daily
Niacinamide	500 mg, twice daily
Magnesium Glycinate or L-Threonate	100-400 mg at bedtime (to bowel tolerance)
Alpha GP-Choline	600-1,000 grams, once daily
Tryptophan	500 mg, take in the morning with water
Lactium	150-450 mg as needed, or 450-600 mg for sleep
Orthophosphoric Acid	30 drops, once daily at bedtime

Source: Korn, L. Nutrition Essentials for Mental Health: a complete guide to the food-mood connection. Pg. 267. W. W. Norton & Company, Inc., New York, NY.

*Note: This list is given as an educational resource and is not meant to be medical advice. Any decision to start a supplement should be made in consultation with your physician.*

*Recommended Brands: Shaklee, USANA, Pure Encapsulations, Thorne, etc.*

*Sources for Purchasing: Shaklee.com, USANA.com, Vimergy.com, professionalsupplementcenter.com etc.*

*Please ask us if you would like a direct referral to a local Shaklee representative for ease of ordering.*