



HARMONY
COUNSELING

Nutritional Supplements for Depression

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
Glucose tolerance factor	1-2 capsules, three times day
Vitamin B6	10 mg 4x daily
Niacinamide	50 mg, twice daily
Methylcobalamin	1-2 mcg once daily
Lithium Orotate	50-150 mg, once daily, combined with folate
Magnesium	400 mg, before bed and in morning in water.
5-HTP or tryptophan	50-100 mg daily
L-Tyrosine	250-500 mg twice a day, for maintenance
Adrenal glandular	100-200 mg, three times a day
Hypothalamus glandular	500-1500 mg twice a day
Melatonin	0.5-1 mg daily before bed
Lactium	300-450 mg before bed
Orthophosphoric Acid	30 drops daily in the morning with water

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.