

MENTAL HEALTH SUPPORT

Vitamin and mineral deficiencies can exacerbate (or even masquerade as) serious psychiatric problems, like depression and anxiety, and they're so, so common. Which is where supplements come in.

start off by checking patients' nutrient levels, because even super healthy eaters can have serious deficiencies. (That's partly because "bioavailability," i.e., the body's ability to absorb nutrients).

Folate/Vitamin B12

necessary for the synthesis of our neurotransmitters

-chemicals that facilitate communication between nerve cells, helping to regulate things like mood and sleep

B12

essential for producing and maintaining neurotransmitters deficiency manifests as symptoms of depression, anemia, and fatigue

Vitamin D

Limited sun exposure and restrictive diets that exclude fatty fish or fortified dairy products have led to an epidemic of vitamin D deficiency for the nervous and immune systems—and low levels have been linked to depression

Omega 3

We cannot make these essential fatty acids, and they must be acquired from either diet or supplementation

play a role in brain health

Magnesium

recommend taking magnesium at night to help with sleep and muscle relaxation. But even if sleep is not an issue for you, chances are you're still deficient (80 percent of us are). And that's alarming because *magnesium helps control hundreds of chemical reactions in the body.*

taking it with calcium (magnesium competes with calcium for absorption in the body, so calcium deficiency is a risk)

Probiotics

We all know by now that gut health affects *everything, including our brains.*

Plus, probiotics are great for someone who's under a lot of stress or eats the occasional processed food, which is pretty much everyone.