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## Vitamin Supplementation

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Vitamin D is one vitamin in particular that



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a doctor may recommend for someone experiencing seasonal depression. Vitamin D is produced by the body after sunlight exposure. During fall and winter months when sunlight exposure may be minimal, supplementing vitamin D can improve mood and reduce the symptoms of SAD.

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Here is a list of the best B vitamins for depression: Thiamine - Vitamin B1. B1 vitamin plays an important role in the metabolism of carbohydrates to give energy to the brain as well as the body. If

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you lack this vitamin you can experience  
excessive fatigue, mood changes and  
sleeping problems. Niacin - Vitamin B3.

~~Best Vitamins for Depression and Anxiety~~  
Herbs and supplements 1. St. John's wort.  
St. John's wort is also known as  
Hypericum perforatum. This plant has

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been a common herbal mental... 2. Prevent  
Ginseng. This supplement comes from the  
gnarled root of the American or Asian  
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You do not need to know everything about the complex subjects of nutrition, depression, and medicine to get good results using this book. The Vitamin Cure for Depression focuses on nutritional treatments anyone can try: remarkably simple, safe, and easy approaches to a difficult issue. Patients with depression

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can certainly benefit from contact with a doctor, but they should be involved in the important decisions regarding their treatment and aware of alternative or additional treatment ...

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In fact, in a large meta-analysis of 31,424 subjects (Anglin et al., 2013), researchers found a strong correlation between low levels of vitamin D and depression symptoms. The Mayo Clinic (2019)...

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~~Vitamins for Depression — Psych Central~~  
Vitamin C (Ascorbic Acid): A Natural Antidepressant  
Vitamin C isn't just for colds; it's also a proven stress reducer and antidepressant. It slows the release of the stress hormone cortisol. Excess cortisol increases susceptibility to depression.

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