

Anxiety and Depression Supplement Considerations



Stay Calm®

L-theanine promotes relaxation without drowsiness, reduces stress responses and supports cognitive function. Schisandra ensures that tryptophan is converted into serotonin rather than neurotoxic quinolinic acid. Rhodiola regulates the levels of serotonin and dopamine, supporting good moods.



Vegan Omega 3

Omega 3s, particularly EPA and DHA, reduce inflammation in the brain, improve neurotransmitter function and support mood regulation. Studies show they are effective in reducing symptoms of depression.³



Ashwagandha KSM-66®

An adaptogen that helps reduce cortisol (stress hormone) levels, improving resilience to stress and reducing symptoms of anxiety and depression.



Magnesium Glycinate

Magnesium plays an essential role in nervous system function, supporting relaxation and reducing stress. It helps regulate neurotransmitters and has been shown to reduce symptoms of anxiety and depression.²



Brain Fuel®

B vitamins, particularly B6, B9 (folate) and B12, are essential for neurotransmitter synthesis, including serotonin and dopamine. Deficiency is associated with increased risk of mood disorders. Phosphatidylserine, Ginkgo Biloba and Bacopa are neuroprotective and improve blood flow to the brain.



Gut Works®

A healthy gut is essential for the conversion of L-tryptophan into serotonin. A healthy gut microbiome has an anti-inflammatory effect on the entire body. Improving systemic inflammation has been shown to improve mood.



Vitamin D3 & K2

Vitamin D deficiency is linked to increased risk of depression and anxiety. It supports serotonin production and neurotransmitters involved in mood regulation.¹

Dietary Considerations

+ Consume omega 3 rich foods

Omega 3s are essential for brain function and reducing inflammation. Include chia seeds, walnuts and flax seeds into the diet each day.

+ Balance blood sugar levels

Serotonin is made in the brain in the presence of insulin. Steady blood sugar levels are essential for a steady supply of glucose into the brain.⁴

+ Increase tryptophan rich foods

Tryptophan is a precursor to serotonin. Foods like nuts, seeds, and bananas support serotonin production.

+ Reduce caffeine and alcohol

Both caffeine and alcohol can worsen anxiety and disrupt neurotransmitter balance. Reducing intake can help stabilise mood.⁵

+ Stay hydrated

Dehydration can cause fatigue, brain fog and mood imbalances. Drink plenty of water and herbal teas to stay hydrated.⁶

+ Increase the consumption of green leafy vegetables

High in folate, which is essential for neurotransmitter function. Deficiency is linked to depression and cognitive decline.⁷

+ Consume gut supporting foods

The gut-brain axis is essential for mood regulation. Increase probiotic and prebiotic-rich foods like yogurt, kefir, sauerkraut, kimchi, garlic and onions.

Lifestyle Considerations

+ Mindfulness and meditation

Mindfulness and meditation have been shown to have a positive effect on the brain and the way it deals with stress.⁸

+ Regular exercise

Exercise increases good mood hormones and should be encouraged daily.

+ Sleep hygiene

Sleep for at least 8 hours each night. Sleep deprivation can worsen symptoms of depression and anxiety as it increases cortisol levels in the body.

+ Reduce screen time

Research has found that higher levels of screen time are linked to depression and anxiety.⁹

+ Social connections

Social connection is an essential part of being a human, and research has found that better social connections can lead to a reduction in anxiety and depression.

+ Spend time in nature

Exposure to sunlight, and inhaling phytocides which are released by plants have been shown to lower cortisol levels on the body and improve depression and anxiety.

Testing Considerations

TEST	MARKER	RATIONALE
Vitamin D levels	25-Hydroxyvitamin D	Low vitamin D is linked to increased risk of depression and mood disorders.
Thyroid function tests	TSH, Free T3, Free T4, reverse T3	Thyroid dysfunction, particularly hypothyroidism, can contribute to symptoms of depression and anxiety.
Inflammatory markers	CRP, IL-6	Chronic inflammation has been linked to mood disorders and high CRP levels may indicate underlying inflammation.
Blood sugar & insulin levels	Fasting Glucose, Fasting Insulin, HbA1c	Blood sugar imbalances can contribute to mood swings, anxiety and fatigue.
Hormonal panel	Cortisol, DHEA, Oestrogen, Progesterone, Testosterone	Hormonal imbalances can contribute to anxiety and depression, particularly in women with oestrogen/progesterone imbalances or men with low testosterone.

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