

Useful Supplements

As with all mood disorders, it is important to work with your physician to rule out other medical treatments that may be causing your symptoms and provide guidance whether medication or supplementation is necessary to help you heal. The following list is provided to help you become a better educated partner in your healing.

Pharmacologic Treatment of Depression and Anxiety Disorders

SSRI's; Prozac, Zoloft, Celexa, Lexapro, Paxil
SNRI's: Effexor, Cymbalta, Remeron
Wellbutrin (often not used with anxiety)
Tricyclics: Pamelor, Trazadone, Norpramin
Tranquilizers: All can be habit forming
BuSpar- Atypical Tranquilizer, not habit forming

Supplements Which Affect Mood

St. John's Wart- .3%, 600-1800mg/d
B Vitamins- B6 100-200 mg/d, Folate 500 microgram/d
L-Tryptophan 500-1200 mg/d
Sam-e 800-1600 mg/d
Vitamin D 1000 iu/d (D3)
Chromium 200-600 microgram/d
Calcium 1200-1500mg/d
Omega 3 Fatty Acids 1-9 grams/d
Valerian Root 450-900 mg/d
5 HTP 50-200 mg/d
Caffeine- over 250mg/d may interfere with deep sleep
 Grande Starbucks 375mg caffeine
 Regular coffee 6 oz. 125mg
 Excedrin 65mg
 Caffeinated Soft Drinks 40-60mg
 Green Tea 20mg
 Black Tea 50 mg
 Chocolate Candy Bar 20 mg
 Hot Cocoa 15 mg
 Midol 132 mg
 Triaminicin 30 mg
 Dristan 16mg