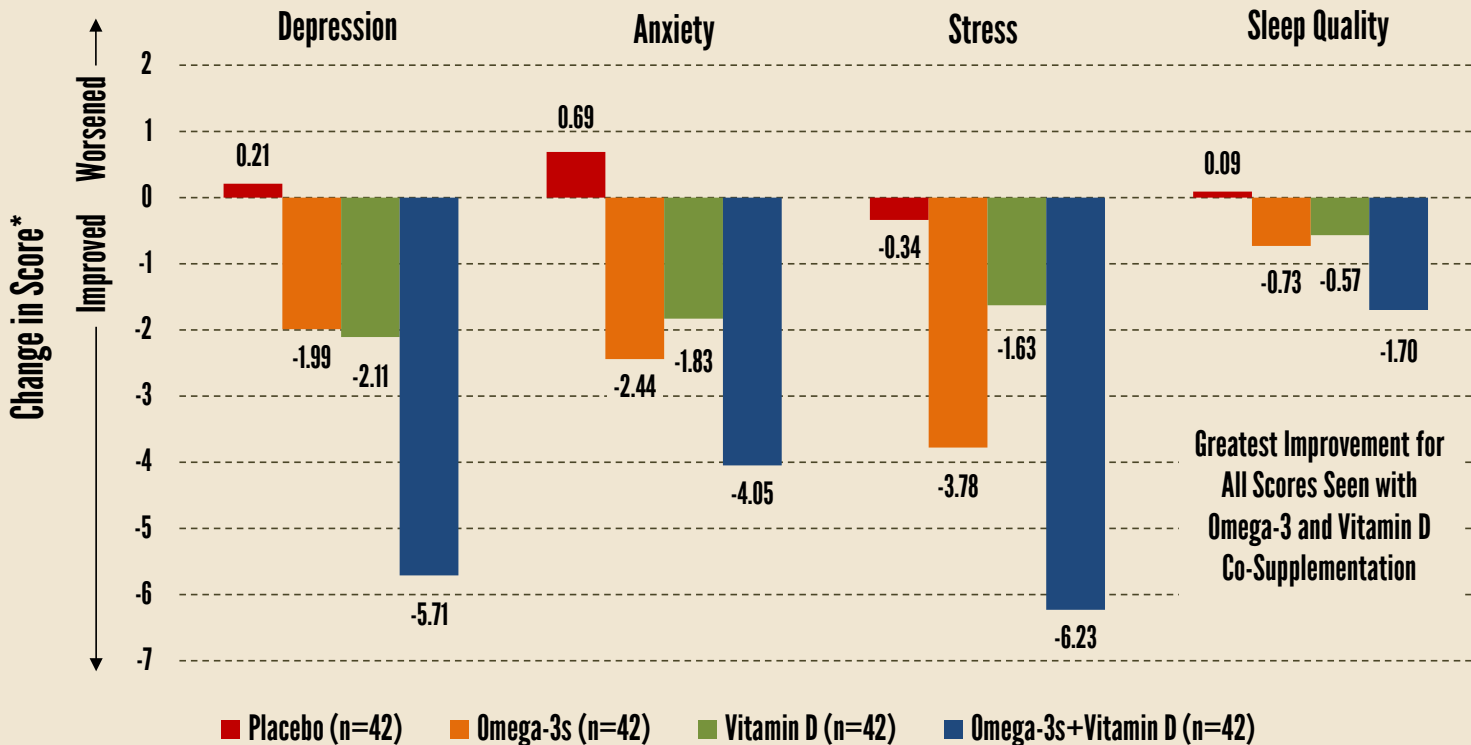


Change in Depression, Anxiety, Stress and Sleep Scores After 8 Weeks of Placebo, Omega-3 Supplementation, Vitamin D Supplementation, or Both



Greatest Improvement for All Scores Seen with Omega-3 and Vitamin D Co-Supplementation

p<0.001

*Larger positive scores indicate worse symptoms, larger negative scores indicate more improved symptoms

Chart Date 9/23/2021

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Rajabi-Naeeni et al., *Brain Behav.*, 2021.



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