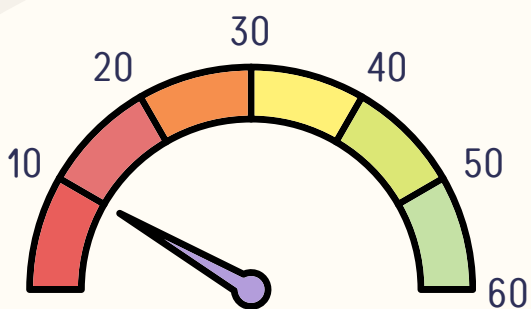


NUTRIENTS FOR MOOD SUPPORT

Research shows...



Vitamin D

can help improve self-perceived measurements of mental emotional wellness and general health

Chu et al. (2017)

~90% US Adults

HAVE VITAMIN D LEVELS BELOW THOSE RECOMMENDED

Omega-3s

reduce symptoms of major depressive disorder with benefits beyond those of taking antidepressants alone. Omega-3s (esp. EPA) may also improve clinical anxiety symptoms.

Firth et al. (2019), Su et al. (2018)

~80-90% of US Adults do not get enough Omega-3s

Vit D & Omega-3

in combination were found to be more effective than either one alone for improving depression, anxiety, stress, and quality of sleep



Rajabi-Naeni et al. (2021)

Magnesium



may quickly improve depression and anxiety symptoms. People with severe stress had a **40% reduction in stress, with 24% greater improvement when adding vitamin B6!**

Tarleton et al. (2017), Pouteau et al. (2018)

~45% of US Adults do not get enough Magnesium

Zinc (w/ Copper:Zinc Ratio)

deficiency may cause emotional instability, irritability & depression; a higher copper:zinc ratio can also contribute to anxiety. Taking **zinc with vitamin B6 decreased anxiety symptoms by 31%.**

Russo (2020)

Are you getting enough?

Measure all of the above with your at-home Mood Boosting blood spot test kit!



For more info or to test, go to grassrootshealth.net/mood