

## VITAMINS AND NATURAL REMEDIES THAT COULD HELP ENHANCE YOUR MENTAL WELLBEING

The first scientifically documented discovery to relate mental health to diet occurred when it was found that pellagra, which causes depression and dementia, could be cured with niacin. Later it was shown that supplementation with the whole B-complex produced greater benefits than niacin alone.

The evidence of biochemical causes of mental disturbance is significant. So what supplements can help with some of the common mental health problems?

**Vitamin B1 (Thiamin)** Above average amounts can help alleviate depression and anxiety attacks

**Vitamin B6 (Pyridoxine)** Aids in the production of natural antidepressants such as dopamine and norepinephrine

**Pantotenic acid** A natural tension reliever

**Vitamin C (Ascorbic acid)** Helps relieving stress symptoms

**Vitamin B12 (Cobalamin)** Relieves irritability, improves concentration, increases energy and helps maintain a healthy nervous system

**Choline** Sends nervous impulses to brain and produces a soothing effect

**Vitamin E** Aids brain cells in getting needed oxygen

**Folic acid (folacin)** Deficiencies could contribute to mental illness

**Zinc** Promotes mental alertness and aids in proper brain function

**Magnesium** The antistress mineral, needed for proper nerve functioning

**Manganese** Helps reduce irritability

Niacin  
system

Vital to the proper function of the nervous

Calcium

Alleviates tension and irritability, promotes  
relaxation

Omega 3

If taken regularly, can help alleviate depression  
and promote energy