



proactive psychiatry

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As part of my commitment to your wellbeing, I recognize the potential benefits that certain supplements can have alongside traditional psychiatric and mental health interventions. I've compiled a table detailing various holistic supplements known for their mental health benefits. This table includes information on what each supplement is commonly used for, recommended dosing ranges, safety considerations, and potential side effects.

It's essential to understand that while these supplements can offer support for mental wellness, they may not be able to replace conventional treatments. The effectiveness of these supplements can vary greatly from person to person, and their interaction with traditional medications or other supplements can sometimes lead to unexpected side effects.

Therefore, I strongly advise that any changes to your current treatment plan, including the introduction of new supplements, should only be made under the guidance of a trained health care provider. I am here to work with you, providing personalized advice based on a comprehensive understanding of your unique health profile. We'll can navigate the options, ensuring that any additions to your regimen are safe and tailored to your specific needs.

Supplement	Used For	Dosing Ranges	Safety Considerations	Side Effects
5-HTP (5-Hydroxytryptophan)	Depression, anxiety, sleep disorders	50-300 mg daily before bedtime	Can interact with antidepressants, causing serotonin syndrome. Not recommended during pregnancy	Nausea, diarrhea, abdominal pain
Acetyl L-Carnitine	Depression, cognitive function	500-2,000 mg daily	Generally safe; possible mild side effects; may interact with specific medications	Nausea, restlessness, insomnia, and a fishy body odor
Apigenin	Anxiety, insomnia	50-100 mg before bedtime	Limited data on interactions; high doses may interact with blood thinners and sedative medications. Safety during pregnancy is unknown	Rare, but may include sedation and mild gastrointestinal symptoms
Ashwagandha	Stress, anxiety, fatigue	300-500 mg daily	Generally safe, but not recommended during pregnancy or for individuals with thyroid disorders without consulting a doctor	Minor side effects include nausea, diarrhea, and vomiting in high doses
CBD (Cannabidiol)	Anxiety, depression, PTSD	20-40 mg daily, but can vary widely	Can interact with several medications like blood thinners; legal status varies by location	Changes in appetite, fatigue, diarrhea, changes in weight
Creatine	Depression, cognitive enhancement	3-5 g daily	Well-tolerated in healthy individuals; possible kidney stress in those with pre-existing kidney conditions	Weight gain, muscle cramps, nausea, and dizziness
Inositol	Panic disorder, depression, OCD, PCOS	2-18 g daily	Generally well tolerated, but may cause mild side effects at high doses	Nausea, tiredness, headache, and dizziness
L-Theanine	Stress, anxiety, focus	200-400 mg daily	Considered safe for most adults	Few side effects reported, possible upset stomach
Magnesium	Anxiety, depression, stress	200-400 mg daily	High doses can cause diarrhea, not recommended for those with kidney issues	Diarrhea is the most common side effect

NAC (N-Acetylcysteine)	Depression, bipolar disorder, OCD	600-2,400 mg daily	Can interact with nitroglycerin, causing severe headaches. Possible risk of allergic reactions	Nausea, vomiting, diarrhea, constipation, and rarely, rashes
Omega-3 Fatty Acids	Depression, anxiety	1,000-4,000 mg daily of EPA and DHA	High doses can thin blood, interact with anticoagulant medications	Mild, including fishy aftertaste, bloating, gastrointestinal discomfort
Probiotics	Mood balance (gut-brain axis)	Varies widely based on strain	Generally considered safe, but those with immune system issues should consult a doctor	Bloating, gas, but generally well tolerated
SAMe (S-adenosylmethionine)	Depression, anxiety	400-1,600 mg daily	Can interact with antidepressant medications and cause serotonin syndrome. Not recommended during pregnancy	Nausea, diarrhea, headache, dry mouth, sweating
St. John's Wort	Depression, anxiety	300-600 mg three times daily	Can interact with numerous medications including antidepressants, birth control, and warfarin. Not safe during pregnancy or breastfeeding	Photosensitivity, dry mouth, dizziness, gastrointestinal symptoms, confusion
Tyrosine	Depression, cognitive function, focus	500-2,000 mg before meals	Generally safe; should not be taken with MAO inhibitors or thyroid medications	Mild side effects include nausea, headache, fatigue
Vitamin D	Depression, mood regulation	600-5,000 IU daily	Excessive doses can cause toxicity and raise blood calcium levels	Rare at recommended doses, but high doses can cause nausea, vomiting, weakness, and serious heart rhythm abnormalities

Integrating holistic supplements into your treatment plan requires careful consideration and professional oversight. My practice is committed to supporting you through this process, ensuring that your journey towards improved mental health is both safe and effective.

I invite you to discuss your interest in any of these supplements during your intake appointment, where we can explore how they might best fit into your overall treatment strategy.

Together, we can build a more holistic approach to your mental health care.