Which vitamins will help my anxiety?

- **Vitamin D3**
- **Vitamin B**
- **Magnesium**
Vitamin B3 helps with anxiety by increasing serotonin levels in the brain. Serotonin is a neurotransmitter that helps to regulate mood and emotions. Vitamin B3 also helps to reduce inflammation in the brain, which can help to reduce anxiety.

Magnesium is a good supplement for anxiety because it helps to relax the muscles and nerves, as well as reduce levels of cortisol, a stress hormone. Magnesium can also help to improve sleep quality, which can be beneficial in reducing anxiety.

Vitamin D is an excellent supplement to consider when treating anxiety. In addition to its immunomodulatory properties, vitamin D also has neuroprotective and neurotrophic properties that affect tissues in the brain involved in depression and anxiety pathophysiology.

*Sunlight is a free source of vitamin D3.