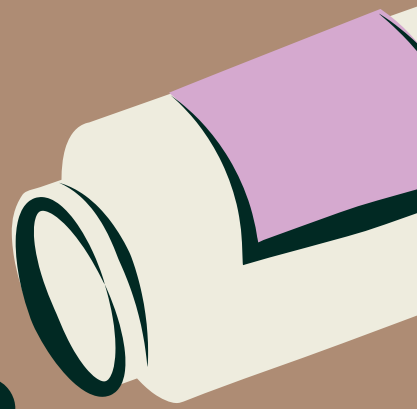


Supplementing Anxiety



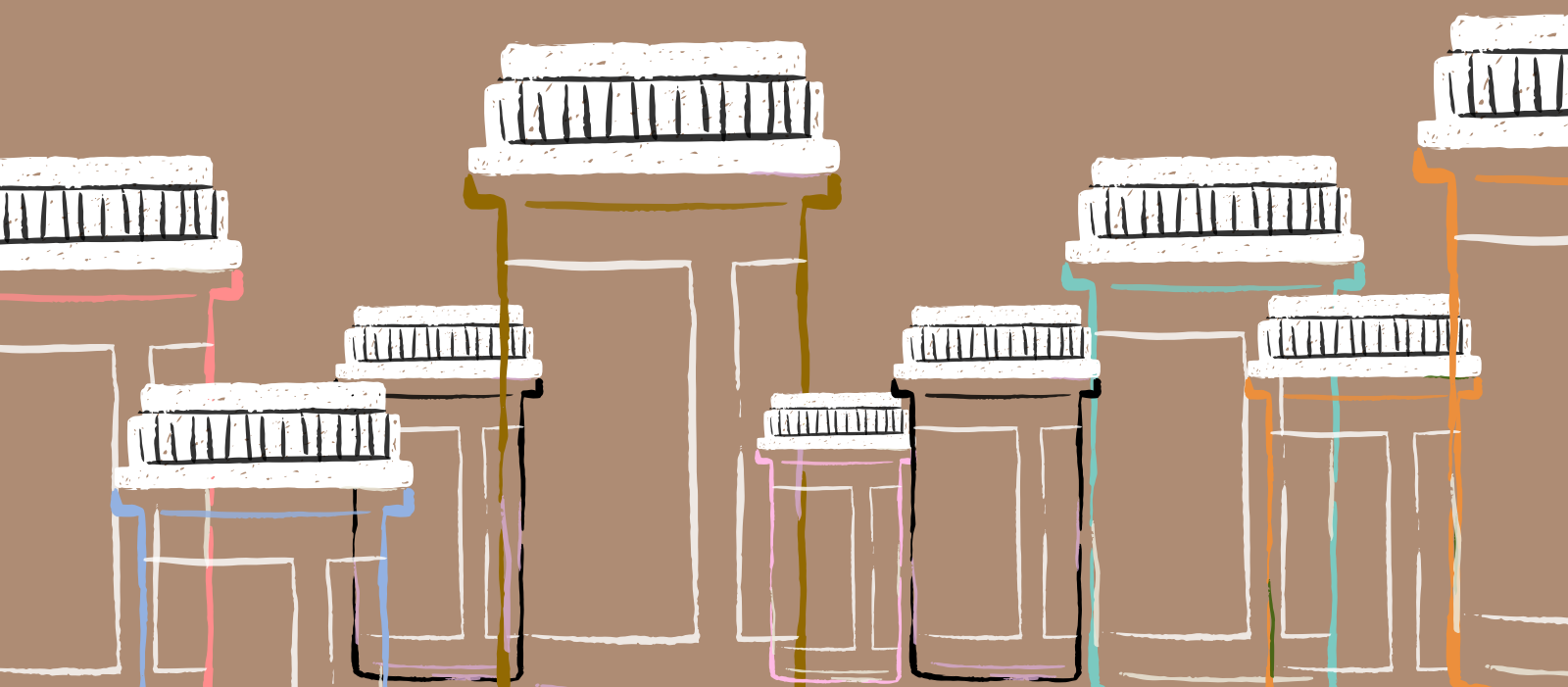
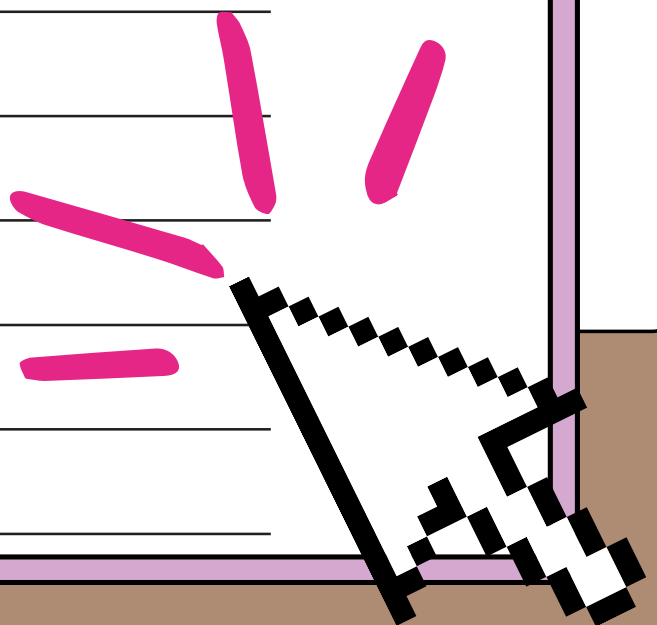
Which vitamins will help my anxiety?

www.jeffersonhealth.org

Vitamin D3

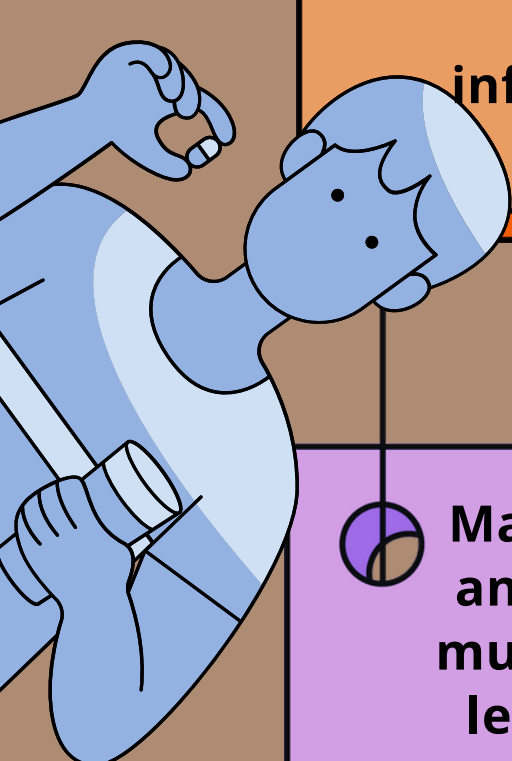
Vitamin B

Magnesium





Vitamin B3



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.

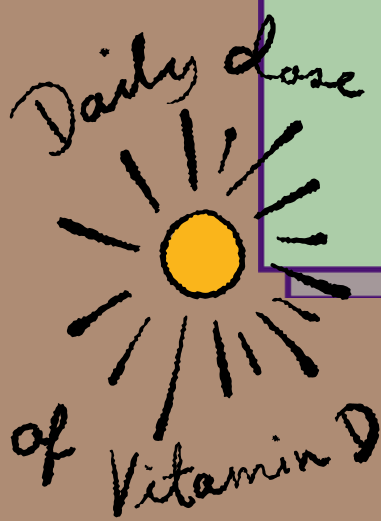
Magnesium

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

Vitamin D3 is a 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.**



staff, H. (2021, October 31). Can you take magnesium for anxiety?

<https://healthmatch.io/anxiety/can-you-take-magnesium-for-anxiety#overview>

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<https://pubmed.ncbi.nlm.nih.gov/25713056/#:~:text=Brain%20serotonin%20is%20synthesized%20from,serotonin%20synthesis%20is%20not%20optimal.>

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