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## Nutritional Recommendations for Depression

### Dietary recommendations:

- Avoid refined sugar, caffeine and products containing these ingredients.
- Eat protein with all meals and snacks to keep blood sugar stable.
- Reduce or eliminate grains; strive for gluten-free grains when possible.
- Strictly avoid food additives, dyes, preservatives, pesticides and artificial sweeteners.

### Dr. Mark Hyman - Functional medicine physician; author of *The UltraMind Solution*

- Complete multivitamin and mineral supplement with optimal levels of nutrients
- Fish or flax oil (Omega-3 EFAs)
- Calcium/magnesium supplement
- Vitamin D
- Additional folate, B6 and B12
- Probiotics to enhance digestion

### Dr. Ray Strand - MD nutritional specialist; author of *Bionutrition and Healthy For Life*

- Complete multivitamin and mineral supplement with optimal levels of nutrients
- Fish or flax oil (Omega-3 EFAs)
- Calcium/magnesium supplement
- Vitamin D
- Grape seed extract

### Sanoviv Functional Medical Center – [www.sanoviv.com](http://www.sanoviv.com)

- Complete multivitamin and mineral supplement with optimal levels of nutrients
- Fish or flax oil (Omega-3 EFAs)
- Vitamin D
- Ginkgo Biloba
- Melatonin
- Coenzyme Q10
- Liver support supplement (Milk thistle, Lipoic acid, N-Acetyl Cysteine, Turmeric)
- Digestive Enzyme
- Probiotics
- Fiber (ensure adequate water intake)
- B-Complex Vitamins
- 5-HTP (not recommended if taking SSRIs or MAOIs)
- SAM-e

**\*\*\*The above recommendations do not replace the advice of your health-care provider**