



EDWARDS
PSYCHIATRY

TOP 5 VITAMINS & SUPPLEMENTS FOR MENTAL HEALTH

A PRACTICAL GUIDE FROM EDWARDS
PSYCHIATRY

WWW.EDWARDSPSYCHIATRY.ORG

Introduction

Your mental wellness depends on multiple pillars, therapy, lifestyle, sleep, stress management, and nutrient support.

The nutrients you provide to your brain affect mood, clarity, resilience, and emotional balance.

This guide presents five research-backed vitamins and supplements that may help strengthen mental health. Use this information thoughtfully and always consult your provider before beginning anything new.



OMEGA-3 FATTY ACIDS (FISH OIL)

What it does:

Omega-3 fatty acids promote healthy brain cell structure, reduce inflammation, and support neurotransmitter balance. Studies show links between higher omega-3 levels and reduced symptoms of depression and anxiety.

How to get it:

Incorporate fatty fish such as salmon, mackerel, or sardines. If intake is low, consider a high-quality fish oil supplement containing EPA and DHA.

Tip!

Take your supplement with a fat-containing meal for better absorption. Choose products with third-party testing for purity.

MAGNESIUM

What it does:

Magnesium plays a key role in neurotransmitter function, nerve signaling, and the regulation of the stress response. It can help reduce anxiety and promote calm.

How to get it:

Eat foods rich in magnesium: spinach, almonds, pumpkin seeds, dark chocolate. A supplement like magnesium glycinate is often better tolerated and absorbed.

Tip!

Taking magnesium in the evening may help with relaxation and restful sleep.

VITAMIN D

What it does:

Vitamin D influences mood, immune health, and brain signaling. Low levels have been strongly associated with depression and fatigue.

How to get it:

Sunlight exposure is ideal. Also find it in fortified dairy, eggs, and with supplementation if needed.

Tip!

Ask your provider for a 25(OH)D blood test. Many individuals in less sunny climates require supplementation.

B VITAMINS (B6, B9 / FOLATE, B12)

What it does:

B vitamins help produce neurotransmitters like serotonin and dopamine, support energy metabolism, and assist with cognitive health.

How to get it:

Consume leafy greens, legumes, eggs, meat (for B12), and whole grains. If your diet is limited, a high-quality B-complex supplement can help fill gaps.

Tip!

B vitamins work well when your diet is balanced and includes enough protein and micronutrients.

L-THEANINE

What it does:

L-Theanine, found in tea leaves, is known for promoting calm alertness. It helps reduce stress and promote mental clarity without drowsiness.

How to get it:

You can find it in brewed green tea or as a supplement. It often begins to work within 30–60 minutes.

Tip!

Use it on days you feel jittery or before deep focus sessions to ease into a calm, attentive state.

HOW TO USE SUPPLEMENTS SAFELY

- Always consult your healthcare provider before starting any supplement
- Supplements are meant to complement, not replace, evidence-based treatments like medication or therapy
- Start slowly with one supplement, assess tolerance and benefit, then consider additions
- Track mood, sleep, and focus so you can evaluate what's helping
- Choose brands with quality testing and transparent ingredient lists

PROFESSIONAL-GRADE SUPPLEMENTS VIA FULLSCRIPT

ACCESS QUALITY SUPPLEMENTS DIRECTLY

At Edwards Psychiatry, we believe mental health care works best when all the pieces are integrated. therapy, medication (if needed), lifestyle, and nutritional support.

That's why we partner with Fullscript to make professional-grade supplements available to you at discounted prices.

Our carefully chosen options include the same nutrients outlined in this guide (magnesium, omega-3s, B-complex, vitamin D, and more).

Supplements are intended to support, not replace, your existing care plan. Always consult your provider before making changes.

BROWSE OUR SUPPLEMENT STORE ON FULLSCRIPT



WWW.EDWARDSPSYCHIATRY.ORG



EDWARDS PSYCHIATRY

You're not meant to figure this out on your own. The journey to mental wellness is easier with supportive guidance.

Visit Edwards Psychiatry at www.edwardspsychiatry.org to explore psychiatric care, ADHD support, and brain health services.



**DOMENIQUE EDWARDS, MSN,
ARNP, PMHNP-BC**

Domenique Edwards is a board-certified psychiatric nurse practitioner who helps clients feel heard and supported. She takes a holistic approach to mental health, focusing on care that fits the whole person.



BOOK A FREE CONSULTATION