

Basic Vitamin Supplement Suggestions The Mood Cure, 2004 Dr. Julia Ross

Why?	Practitioner Suggeston: Dr. Julia Ross ¹
	Multivitamin - check what are the good components of a multi on Julia's website – no iron if you're menopausal, for instance.
Important for mental health. Brain repair and maintenance of proper brain neurotransmitter and adrenal function	Vitamin B Complex – 10-25 milligrams of each B Vitamin Take only for 3 months, than only during high-stress periods.
Bone building, brain neurotransmitter function, other crucial functions	Calcium 1300-1500 (upper end for post menopausal women) milligrams
Protects against insomnia, depression, stress, anxiety, anger, heart attacks, Alzheimer's, low blood sugar, diabetes, chronic fatigue, low thyroid, PMS, osteoporosis	Magnesium as much or more than calcium
A hormone that regulates the adrenals, thyroid, calcium deposits etc.	Vitamin D 400 iu – 2000 iu – excessive levels can be toxic
Works best with bioflavonoids as antioxidants for stress, cancer, heart disease, asthma etc.	Vitamin C – 2000-3000 milligrams
Bioflavonoids are found in the rind of green citrus fruits and in rose hips and black currants. Bioflavonoids have been used in alternative medicine as an antioxidant to treat osteoarthritis and other inflammatory conditions, to support blood circulation and a healthy heart, and enhance the action of vitamin C. ²	Bioflavinoids – 300 milligrams per 1000 milligrams Vit. C
Antioxidant cuts risk of stroke, cataracts, protects brain from free radicals	Basic Vitamin E
Protects brain, arteries, digestive lining. Anti-depressant. Energizing.	Fish Oil – Omega 3 1800-3600 milligrams per day

¹ Ross, Julia, Dr. The Mood Cure (New York: The Penguin Group, 2004), pp. 194-197

² <https://www.everydayhealth.com/drugs/bioflavonoids>