

Mental Health Supplements – for Depression and Anxiety

SAM-e (Nature Made) & Q Max Premium (QSciences) & Serosyn (Metagenics) (as of Apr 2024)

This handout provides information on Laura's suggested 1st tier mental health supplements (SAM-e, Q Max, and Serosyn) and her 2nd tier supplements (Omega 3's, Magnesium, Vitamin D) to assist with the physiology of depression and anxiety and for anyone that may just need some help carrying the stressors in their lives.

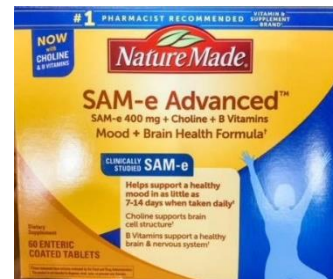
SAM-e

Here is some information about some helpful supplements for reducing stress, anxiety, and depression. SAM-e is the first go-to supplement for many people. This SAM-e supplement tends to be helpful in lifting mood and providing emotional support to most everyone that tries it—usually within the first week.

I often suggest it to clients even before trying other "prescription" antidepressants or for those who are resistant to medication. It can help boost regular antidepressants as well or allow you to lessen any side effects according to the M.D. who wrote the book *Stop Depression Now* (see additional [SAM-e book review handout](#)). SAM-e is a substance your body already produces (so it's not a foreign substance to the body), but it just doesn't produce enough of it when it is dealing with a lot of stress.

If you want to try it, start with 1 or 2 - 400 mg tablet(s) first thing in the morning about 20+ minutes before eating. One way to do that is to keep the SAM-e and a glass of water in your bedroom or bathroom, so that it's easy to take when you first wake up before you even get started with your day. You can add one – 400 mg each week til you get to four of them to see what SAM-e can do for you. [Nature Made brand is best](#) and is cheapest at [Costco](#), Amazon, or [Wal-Mart](#). (Check for SAM-e both in store and online at Costco since they tend to go out of stock on this product.) Another version of SAM-e you could try if needed is [Metagenics Blisphora](#).

You can also find additional information, research and reviews about SAM-e at: [NatureMade.com](#), [Amazon.com](#) or [Costco](#) so that you can talk to your healthcare provider about SAM-e and be able to make an educated decision about your health. I hope you find it to be helpful!



Q Max Premium

Q Max Premium (multi-vitamin for your brain) by Q Sciences is another supplement that you may want to consider as well as SAM-e. (Q96 was updated and renamed to Q Max Premium.) This supplement works best after a meal.

- Q Max Premium - Company product information. You can order Q Max here (See next page for detailed steps): <https://qsciences.com/products/q-max-premium>



SeroSyn

[Metagenics SeroSyn](#) - features 5-HTP and theanine to help modulate serotonin metabolism. This is another great supplement to consider if you'd prefer to avoid antidepressant medications. This supplement works best after dinner. (See next page for ordering details.)



2nd Tier Supplements to help with Depression – Anxiety – Stress

- [Omega 3 Fish Oil](#)
- [Magnesium](#)
- [Vitamin D](#)

To order Q Max Premium (Q Sciences):

1. Go to <https://qsciences.com/products/q-max-premium>
2. Choose the quantity you desire, then click **"ADD."** A popout will show up on the top-right. If you are done shopping, click **CHECK OUT NOW**. Otherwise, click **KEEP SHOPPING**. (Note: If the popout window disappears, simply click on the shopping cart icon). This will take you to the "Your Shopping Cart" screen.
3. There are two options before proceeding:
 - a. **CONTINUE TO CHECKOUT (Retail) \$72.50** – this takes you directly to the checkout page to complete your purchase. This will take you to the checkout page. **OR**
 - b. **START SAVING TODAY** (as a preferred customer) **\$62.50** – You could save on retail prices by doing the \$10 Preferred Membership (billed per year). This also gives you the option of setting up an auto-shipment so you don't need to remember to order each month should you want to continue taking Q Max. Once "Preferred Customer" is selected, it will add the \$10 Preferred Membership to your cart. This will then take you to the Checkout page.
4. Review your cart, then click **CONTINUE TO CHECKOUT**. This will take you to a new window to either create an account or sign in.
 - a. If you are a **new customer** add an email address, password, then confirm your password. Then click **SIGN UP**. Complete your account set up by entering your information.
 - b. If you are an **existing customer**, click "Yes" on the radio button, then enter your email address and password. Then click **SIGN IN**.
5. On the **Your Shopping Cart** page, click on **Add Shipping Address**. Enter the shipping information, then click **SAVE**. It will take you to a new window listing your address. Click the radio button next to your address, then click **USE THIS ADDRESS**. It will take you back to the **Your Shopping Cart** page.
6. Next, click on **Add Payment Information**, then click **ADD NEW CREDIT/DEBIT CARD** and enter your payment information. Then click on **USE CARD**. Click on the radio button next to the card you added, then click **USE THIS PAYMENT**. It will take you back to the **Your Shopping Cart** page.
 - a. Another option is to click on the **PayPal button** near the bottom of the page for payment. You must first complete step 8 for this option.
7. Next, if you want to receive text messages, click the check box next to "I agree to receive SMS communication. Message and data rates apply. Message rate varies."
8. Finally, click on "I have read, understand and agree to the Q Sciences Privacy Policy and Website Terms of Use."
9. Click **PLACE ORDER** to complete your order.

If you have any questions about placing an order, feel free to contact us by phone/text (801-709-0253) or email - info@maritalintimacyinst.com.

To order SeroSyn (Metagenics):

1. Visit <https://fhcutah.metagenics.com/serosyn> (this will take you directly to the product)
2. Click the blue button "Add To Cart." A side window will pop up with the cart, providing the option to "VIEW CART" or "CHECKOUT." If no further shopping is needed, click "CHECKOUT"
3. Existing customers will enter their email and password to log in. New Customers will scroll down a little and fill out the form to create an account. Then click "Checkout." A window with terms and conditions will pop up.
4. Once accepting the terms and conditions, you will be prompted to select shipping, enter payment information, and place your order.