

Mental Health Supplements – for Depression and Anxiety

SAM-e (Nature Made) & Q Max Premium (QSciences) & Serosyn (Metagenics) (as of May 2025)

This handout provides information on Laura's suggested 1st tier mental health supplements (SAM-e, Q Max, Serosyn, and Saffron) and her 2nd tier supplements (Omega 3s, Magnesium, Vitamin D) addressing the physiological aspects of depression, anxiety, and other mental health issues—non-prescription help to reduce stress and improve mood.

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's mental/brain health. 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 of meds 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. This may work best if you 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 another 400 mg each week til you get to four of them (2 before breakfast + 2 before dinner) to see what SAM-e can do for you. [Nature Made brand is best](#) and is cheapest at [Costco](#), Amazon, or [Wal-Mart](#). (It's usually best to order SAM-e online at Costco since they tend to go out of stock in store.) 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 key supplement that you may want to consider as well as SAM-e. Q Max is especially helpful for anxiety and other mental health issues. This supplement works best after a meal. (Q96 was updated and renamed to Q Max Premium.)

- **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. Serosyn is especially good for anxiety and works best after a meal. (See next page for ordering details.)



Saffron

New research indicates that the spice/supplement saffron can be helpful in reducing symptoms of depression. Here are a few options to check out.

- [Organifi Happy Drops](#)
- [Vimerson Health Saffron Turmeric Supplement](#)



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

These three additional supplements are recommended by Dr. Daniel Amen, physician and brain disorder specialist. He recommends all three of these supplements for adults as a baseline for brain health.

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


To order Q Max Premium (Q Sciences):

To order Q Max Premium from Q Sciences, you do not need to create a profile. Whether this is your first time ordering, or you have ordered in the past, these steps may look the same.

1. Go to <https://qsciences.com/>
2. Click on the Person/Profile icon on the top right corner.
3. Once there, you will be asked to enter your email address. You will then be sent a unique six-digit code to this email address for ease in logging in. (You will have 15 minutes to enter this six-digit code before it expires.) If your code expires before you are able to use it, go ahead and follow steps 2-3 again.
4. Once you log in, click "SHOP" in the upper left corner.
5. You will come to a page with a black banner across the top. You can either click on "SHOP ALL" to see all products that are available and scroll down to find "Q Max Premium," or you can click on the magnifying glass icon in the upper right corner to search for "Q Max Premium."
6. If you don't find Q Max Premium, they may simply be out of stock for a time. Let us know if that happens and we'll contact them to find out when it will be available again. You could also email them at support@qsciences.com to check as well.
7. Once you find Q Max Premium, click on the image of the product which will open to the product page. You will then select the quantity, if other than one. You will also select whether you would like to make a one-time purchase or if you would like to set up a monthly auto-shipment of Q Max by selecting "Subscribe & save."
8. Next, you'll click on "ADD TO CART."
9. If you are ready to check out, click on "View cart" either in the green banner that will pop up along the top (which will take you to the "Cart") or click on the shopping bag icon at the top right corner. This will show a pop up of the product(s) you have added to your cart. If it all looks correct, click on the blue button at the bottom that says "CHECKOUT."
10. The "Shop Pay" checkout page will show up where you will then be sure the "Ship to," "Shipping Method," and "Payment Method" are filled out before selecting the blue "Pay now" button or the "Subscribe now" button.

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.



Your Order is confirmed!

Order #:	<input type="text"/>
Order Date:	<input type="text"/>
Billing Information:	<input type="text"/>

Your order is being processed.

To check the status of your order please visit www.qsciences.com/order-history or choose Order History from the main menu on qsciences.com.

A tracking number will be available on your Order History once the package has shipped.

Order Details

Preferred Customer Membership
1
\$10.00
Sub Total: \$10.00
Tax: \$0.00
Shipping: (\$2.75)
Handling: \$2.75
Discount: (\$10.00)
Grand Total: \$0.00

Appendix 1

Sample Preferred Customer Email Confirmation from Q Sciences