

Mental Health Supplements – for Depression and Anxiety

SAM-e (Nature Made) & Q Max Premium (QSciences) & Serosyn (Metagenics) (as of Feb 2022)

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. [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/nutrition-and-supplement/q-max-premium/>
- What's new about Q Max Premium? - <https://qsciences.com/2020/09/11/whats-new-improved-and-upgraded-in-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. Visit <https://rodlimb.myqsciences.com/>
2. On the top menu bar, click “SHOP/JOIN” – this will take you to a new page. (Note: If you’ve ordered before, it may take you directly to the product page, in which case you’ll jump to step #4).
3. If you are a **returning customer**, click on the “Sign In” link above the two blue boxes.)
If this is your **first time** purchasing here, there are two recommended options:
 - a. Click on “Shop Retail” under “New Customer” in the far-left blue box, (a list of items available for purchase will show on a new screen, including the Q Max Premium). Then continue to step 4.
OR
 - b. You could save on retail prices by doing the \$10 Preferred Membership (per year) by clicking on “Shop Preferred” under the “Preferred Customer.” This also gives you the option of setting up an auto-shipment so you don’t need to remember to order each month. Once “Preferred Customer” is selected, it will add the \$10 Preferred Membership to your cart and take you to a new page with the following steps:
 - i. Add to New Order page – in the search bar at the top, type “Q Max,” then scroll down (if needed) and on the Q Max Premium item, click “Add to Cart”
 - ii. Click the “Continue” button just below the image banner at the top of the page.
 - iii. Monthly Autoship page – If you’d like to set up Autoship for Q Max Premium, click “Add to Autoship.” Otherwise, click “continue.”
 - iv. Account Info page – Complete the form requesting Personal Information, Business Address, Web office, Shipping & handling, Payment Method, and check the box in the Preferred Customer Agreement after reading the privacy policy and terms of use.
 - v. Click Checkout and continue to through final checkout process.
4. Locate the “Q Max Premium” and click the “ADD TO ORDER” button.
5. At the top of the screen, click on the shopping cart item, a side window will pop open.
6. Click on the black “CONTINUE” button.
7. As a new customer, click on the “CHECK OUT AS A GUEST.” If a returning customer and you haven’t yet signed in, you can do so now on this page.
8. Complete the form requesting name, address, email, phone number, etc. To create an account, click the checkbox at the bottom of the webpage. Then, click “SHIP TO DEFAULT ADDRESS.” Otherwise simply click on “SHIP TO DEFAULT ADDRESS” to continue to the payment page.
9. Enter your payment method, review your order, and click “PLACE 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.