

Herbs in Depression: Dosing		
Curcumin 95% curcuminoids	Start 500 mg/day, raise to 1000 mg/day after 1 week (max 2000 mg/day)	NuVitality (\$7), Root2 C3 Complex (\$13), Doctor's Best (\$25), A1Vitality (\$25)
Saffron Safranal 2%–3%	Start 15 mg/day, raise to 15 mg BID after 1 week	Swanson (\$11), Paradise Herbs Saffr-Tone (\$21), Life Extension Optimized (\$24, dosed as 88.25 mg BID)
St. John's wort Hypericin 0.3%	Start 300 mg/day, raise by 300 mg every 1–2 weeks to target of 600–1200 mg/day divided BID (typical dose 900 mg/day)	Shaklee MoodLift Complex (\$30)*, Douglas Labs Max-V (\$32), MediHerb 1.8 g (\$54)

*Monthly price for typical dose

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