

**Natural Supplements: Uses and Dosages\***

Supplement	Potential Therapeutic Uses	Recommended Product/Dosing	Notes/Comments/Side Effects
<b>Vitamins and minerals</b>			
Vitamin B12	<ul style="list-style-type: none"> <li>Prevention of dementia and neuropathy</li> <li>Replete levels &lt; 500 pg/mL</li> </ul>	“Active B12 with L5MTHF” by Seeking Health (B12/folic acid combination); 1 mg (1000 micrograms) daily	<ul style="list-style-type: none"> <li>Can cause stimulant effects; start with lower dose if mania is an issue</li> <li>Sublingual administration guarantees absorption in cases where low levels may have been due to lack of absorption from low stomach acid (common in the elderly or patients on a proton pump inhibitor) or lack of intrinsic factor</li> <li>Consider including a folic acid supplement since supplementation of either B12 or folic acid alone can mask deficiency of the other nutrient</li> </ul>
Vitamin D	<ul style="list-style-type: none"> <li>General health</li> <li>Replete levels &lt; 50 ng/mL</li> </ul>	“Vitamin D3 5000 IU with Vitamin K2” by Michael’s Naturopathic Programs; 5,000 IU daily to achieve at least 50 ng/mL	<ul style="list-style-type: none"> <li>Vitamin K2 supplement often introduced with vitamin D supplement for further prevention of osteoporosis</li> <li>Toxicity level of 80 or above is rare on a regimen of 5,000 IU daily</li> </ul>
Magnesium	<ul style="list-style-type: none"> <li>Headache treatment and prevention</li> <li>Replete levels &lt; 5 mg/dL</li> </ul>	Magnesium glycinate or magnesium L-threonate; 600 mg/day in divided doses	<ul style="list-style-type: none"> <li>To reduce laxative side effects, use magnesium glycinate or magnesium L-threonate</li> </ul>
Iron	<ul style="list-style-type: none"> <li>Restless leg syndrome</li> <li>Replete levels &lt; 30 ng/mL</li> </ul>	“Ferritin” by Cardiovascular Research; if ferritin level is < 30 ng/mL, use 10 mg daily	
Zinc	<ul style="list-style-type: none"> <li>ADHD</li> <li>Replete levels &lt; 11 mg/L</li> </ul>	If repletion is necessary, take 25–45 mg elemental zinc per day	<ul style="list-style-type: none"> <li>Do not exceed 50 mg elemental zinc per day. Risk of toxicity if taking 100 mg daily for more than 4 months.</li> </ul>
<b>Amino acids and other molecules</b>			
Coenzyme Q10 (CoQ10)	Fibromyalgia; statin-induced myalgias	100 mg/day	
N-acetylcysteine (NAC)	Skin-excoriation disorder, trichotillomania; adjunctively for treatment resistant OCD	600–1200 mg twice daily	<ul style="list-style-type: none"> <li>Can take up to 3 months for full therapeutic effect</li> </ul>
γ-Aminobutyric acid (GABA)	Anxiety; mood improvement; sleep issues	“Chewable GABA” by NOW Foods; 1–2 chewables up to 3 times per day as needed for anxiety	
S-adenosylmethionine (SAM-e)	Depression	Available in 200 mg and 400 mg tablets Instructions: <ul style="list-style-type: none"> <li>Week 1: Start with 200 mg in the morning</li> <li>If no side effects after 1 week, then increase to 400 mg in the morning</li> <li>If no side effects, then can add 200–400 mg in the early afternoon</li> <li>Maximum dose is 1,600 mg per day (800 mg bid)</li> </ul>	<ul style="list-style-type: none"> <li>Stimulant effects can cause mood cycling; use with caution in bipolar patients</li> <li>Patients should take at least 20 minutes before food; avoid taking afternoon dose later than 3 pm due to insomnia</li> <li>To maintain supplement potency, instruct patients to keep SAM-e in the blister pack until they are ready to take it</li> </ul>
<b>Natural hormones</b>			
Melatonin	Insomnia; night terrors and parasomnias	<ul style="list-style-type: none"> <li>0.3–5 mg at bedtime</li> <li>Up to 6 mg for parasomnias</li> </ul>	<ul style="list-style-type: none"> <li>When used for insomnia, can take up to 2 weeks to start working; discontinue use after 2 weeks if not effective</li> <li>Use regular melatonin for sleep-onset insomnia and extended-release melatonin for sleep-maintenance insomnia</li> <li>Should next-day sedation develop, instruct patients to halve or quarter their melatonin pill</li> <li>For parasomnias, can take 2–3 months for patients to reach full therapeutic effect</li> </ul>

Herbal adaptogens			
<i>Rhodiola rosea</i>	Used as both a stimulant and anti-anxiety agent	<ul style="list-style-type: none"> <li>• Single herb: “Rosavin Plus” by Ameriden International; 1–2 pills in the morning</li> <li>• Combination supplement: “Adapt Life” by Swedish Herbal Institute; 1–2 pills in the morning</li> </ul>	<ul style="list-style-type: none"> <li>• Patients should take at least 20 minutes before food.</li> <li>• Not recommended for patients with bipolar I. Discontinue immediately if anxiety or irritability develops.</li> </ul>
Ashwagandha	Calming agent	“Cortisol Manager” by Integrative Therapeutics; 1 pill at bedtime	<ul style="list-style-type: none"> <li>• If next-day sedation develops, discontinue use</li> </ul>
Maca	Mood and physical symptoms of premenstrual syndrome and menopause	Natural Health International Maca (available from Amazon.com) in 3 formulations; 1–2 pills in the morning <ul style="list-style-type: none"> <li>• Reproductive years: “Femmenessence MacaHarmony”</li> <li>• Perimenopausal: “Femmenessence MacaLife”</li> <li>• Postmenopausal: “Femmenessence MacaPause”</li> </ul>	<ul style="list-style-type: none"> <li>• Patients should take at least 20 minutes before food</li> <li>• Increased fertility for women of reproductive age may result in pregnancy</li> <li>• Can take up to 3 months to reach full therapeutic effects</li> </ul>

\*Supplements are not FDA-approved for any of the conditions listed; all uses are recommendations based on the author's literature research and clinical experience.

From the full Article:  
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