

SCIENTIFIC EVIDENCE FOR COMMON CONDITIONS AND NUTRACEUTICALS

Symptom-Clusters	A Level Evidence*	B Level Evidence*	Notes
Anxiety and Stress (anxious, tense, worried, nervous, obsessive thoughts, panic, OCD, PTSD)	Ashwagandha (OCD) Theanine Omega-3 fatty acids EPA+DHA	Inositol (OCD) (panic) GABA Magnesium (better with 30mg of B6) Saffron Passionflower Lavender 5-HTP Multiple vitamins NAC (OCD) (PTSD) Probiotics Rhodiola Ginkgo Relora®	Zinc levels low in panic disorder <i>Relora = Magnolia officinalis + Phellodendron amurense bark extracts</i>
Attention, Focus, and Energy	EPA omega-3s Phosphatidylserine (PS)	Zinc Pycnogenol Magnesium Rhodiola Ginseng Ashwagandha Green tea extract Multiple vitamins Bacopa monnieri	Low zinc levels associated with low mood
Mood	EPA omega-3s St. John's wort Saffron SAME	Curcumin Zinc Magnesium 5-HTP Folate NAC (16 weeks) PS Rhodiola Multiple vitamins Vitamin D Probiotics Ginkgo	SAME seems to be more effective in males, a few reports suggest it may trigger mania in bipolar patients Folate as an add-on treatment with SSRIs NAC more effective when CRP is high
Memory	Ginkgo PS Alpha GPC (also called Choline Alphoscerate)	Omega-3s Multiple vitamins Huperzine A Bacopa monnieri Cocoa Flavanols Pycnogenol® Saffron Ashwagandha Vitamin D	
Psychotic symptoms	Sarcosine	NAC Omega-3s (prevention of psychotic disorders) Folate	Sarcosine add-on to antipsychotic medication has been shown to be helpful
Sleep	Melatonin (jet lag)	Theanine Magnesium Valerian Probiotics	Combo of melatonin, magnesium and zinc

**THE END OF MENTAL ILLNESS:
BRAIN HEALTH REVOLUTION**

Symptom-Clusters	A Level Evidence*	B Level Evidence*	Notes
Addictions, Cravings		Vitamin D Huperzine A N-acetylcysteine (NAC) — (cravings overall) (tobacco) (alcohol and marijuana) (marijuana in teens) (cocaine) (methamphetamine) (heroin) (gambling) Chromium Picolinate Ashwagandha	NAC may be most useful for preventing relapse

* A number of websites are dedicated to the extensive science of nutraceuticals for health, including brain health, such as MedlinePlus from the National Library of Medicine (medlineplus.gov) and Natural Medicines (naturalmedicines.therapeuticresearch.com). They often grade nutraceuticals from the clinical science evidence similar to how they rate pharmaceuticals (see chart below).

Grade	Scientific Evidence
A	Robust research conducted with more than two placebo-controlled, double-blind clinical trials
B	Multiple studies where at least two are placebo-controlled, double-blind trials
C	Single double-blind, placebo-controlled trial
D	Open-label trials
E	Research suggests it does not work

