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| --- | --- | --- | --- | --- |
| **Supplement** | **Is it Effective?** | **Safe?** | **How much research?** | **Side Effects?** |
| **Vitamins, A, B6, B12, C, D, E** | Only if you have a deficiency, and then maybe | Very Safe | Lots | Very few |
| **Magnesium** | Some research shows it to be very effective | At proper doses | Some evidence, needs more research | Few reported, at high doses diarrhea |
| **Zinc** | Zinc Deficiency has been associated with OCD, anxiety and panic attacks | At proper doses | A handful of well performed studies show promising results for OCD with zinc deficiency | Stomach pain, nausea, vomiting, too much zinc can suppress your nervous system |
| **Fish oil/Omega 3** | Mixed results in studies | Very safe | Lots of research, mixed results | Fish burps, harvesting can harm environment |
| **Inositol** | Moderately effective with Panic Disorder, agoraphobia and OCD | Yes | Multiple studies with high participants | Very rare, mild- stomach issues, tiredness |
| **Kava** | Yes for some people | Only safe as a short term tx- rarely may damage liver | Quite a bit of research, need larger study to determine risk of liver damage | Rare liver failure- should not take it with other medications metabolized by the liver, less severe- headaches, sleepiness |
| **Passionflower** | Mixed small results, some positive | Passionflower is a complex plant based substance with varying purity, and the complex makeup may include toxic compounds. | 2-5 Studies (Not enough research to know) | Rare, no serious ones, headache, dry mouth, constipation, sleepiness, dizziness, confusion, |
| **Valerian** | It has been effective for sleep problems, mixed results for anxiety. | Complex plant based substance with varying purity, and the makeup may include toxic compounds | 2-5 Studies (Not enough research to know) | No serious ones, headache, dry mouth, constipation, etc. |
| **Chamomile** | Mixed results in studies, some showed the same outcomes as placebo | It thins the blood, so people on blood thinners or who need to be carefully monitored for bleeding should not use it. | Only a couple of RCT studies, one slightly positive, the other quite neutral. | It is a blood thinner, some people have allergic reactions to it |
| **Saffron** | Two studies showed positive results for GAD and Depression | Likely safe at proper doses, poisonous at high doses 12-20 grams can cause death | 2-5 Studies (Not enough research to know) | Dry mouth, anxiety, agitation, drowsiness, low mood, sweating, nausea or vomiting |
| **L-lysine and L-arginine** | Strong positive results in small studies, another study showed it to be effective with people with adrenal deficiency | Rare side effects reported | 2 RCT studies showed some positive evidence, need more research | No reported side effects. Need more studies. |
| **GABA** | Possibly- not enough evidence | Unknown | Not much, some evidence in rats, some evidence shows calming effect of GABA food supplements, but potential conflict of interest. | Not enough info to know |
| **L-Theanine** | In a few studies | Unknown | Limited studies | Caffeine related, otherwise none reported |
| **St. John's Wort** | Not effective for anxiety, moderately effective for mild-moderate depression | Similar to Antidepressants, some studies showed less side effects than SSRI’s | Over 40 RCT’s (Tons of research) | Similar to SSRI's, so mild, but there is a risk potential for headaches, dizziness, and **drug interactions**. Do NOT combine with SSRI's |
| **Caffeine** | **Decreasing** caffeine use may reduce anxiety significantly. | Cutting Caffeine is safe | Significant research and data. | You may feel tired for the first couple of days |

Best Summaries (Literature Reviews)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2959081/

https://www.ncbi.nlm.nih.gov/pubmed/17853630

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2959081/>

<http://www.nutritionj.com/content/9/1/42>

Bystritsky, A., MD, PhD. (2018, October 11). Complementary and Alternative Treatments for Anxiety Symptoms and Disorders: Herbs and Medications (M. B. Stein MD, MPH & R. Herman MD, Eds.). Retrieved January 25, 2018, from uptodate.com

Regular English: <https://www.healthline.com/health/anxiety/supplements-for-anxiety#takeaway>