

**MOOD PRESCRIPTION**

These supplements are recommended to support people coming off sugar, antidepressants or cannabis or still suffering from abstinence symptoms having quit.

Supplement	Daily Amount	Taken as	With/without food	Notes
Tryptophan	2,000mg	1,000mg × 2	Away from main meal (30 minutes before; 2 hours after)	
<i>or</i>				
5-HTP	200mg	100mg × 2	with some carbohydrate such as fruit or oatcake	
<i>or</i>				
Tryptophan with 5-HTP	500mg 150mg	250mg × 2 75mg × 2		
Tyrosine	1,000mg	500mg × 2	Empty stomach or with a carbohydrate snack	
<i>and</i>				
DL-phenylalanine	1,000mg	500mg × 2	Empty stomach	

Supplement	Daily Amount	Taken as	With/without food	Notes
Methyl nutrients (B <sub>6</sub> , B <sub>12</sub> , folic acid, TMG)	× 2		With food	Find the right formula (see below)
<i>or</i> SAM	800mg	400mg × 2	Empty stomach, between meals	Not OTC in the EU
<i>and</i> Methyl nutrients (as above)	× 1		With food	Find the right formula (see page 418)
Chromium	400mcg	200mcg × 2	With food	
Omega-3 EPA/DHA	2,000mg	1,000mg × 2	With food	You want 1,000mg of EPA + DHA (see page 419)

OTC: Over the counter

### **Mood prescription: Notes**

**5-HTP** is about ten times more potent than tryptophan. So 100mg of 5-HTP is equivalent to 1,000mg of tryptophan. Tryptophan is only available in supplements, up to 220mg. Therefore, if you take four you will be getting 880mg, close to 1g. Tryptophan is also available on prescription as Optimax in 1,000mg capsules. Some people respond better to tryptophan, others to 5-HTP. The ideal is probably to take some of both. There are no dangers associated with either tryptophan or 5-HTP at these levels *provided* you are not on antidepressant medication. Many antidepressants stop the body being able to break down serotonin. Therefore, giving large amounts of either tryptophan or 5-HTP is not recommended until you are off antidepressants. A doctor may prescribe both, but you should be under the auspices of a health practitioner to do this.

**Tyrosine** and **L-phenylalanine** are the amino acid precursors for dopamine, noradrenalin and adrenalin – the motivating neurotransmitters. They are absorbed best on an empty stomach. If your get-up-and-go has got-up-and-gone this can give you a kick-start. If you are struggling with tiredness, overeating and drug craving you could try double this amount. Excess may be over-stimulating. Not recommended for someone who is nervous, highly agitated, irritable, suffering from depression or from cancer (including melanomas), high blood pressure or with

a history of mania, unless under professional supervision. Tyrosine should not be taken by phenylketonurics, or on a continuous basis by those who are pregnant or breastfeeding.

**Methyl nutrients** are found in combination in homocysteine-modulating formulas. What you are looking for is a formula that provides B<sub>6</sub>, B<sub>12</sub> (preferably methyl B<sub>12</sub>), folic acid, plus TMG. The levels you want are shown on page 394. These help your body to make SAM. If you live in a country, such as the US, where you can buy SAM, a short-term and more effective solution is to supplement 400mg of SAM, along with one of these methyl nutrient formulas. If not, take two. These nutrients help your body make SAM. Glutathione, the body and brain's most important antioxidant, is made from three amino acids: glutamine, glycine (found in trimethylglycine – TMG). So pick a methyl nutrient formula that contains N-acetyl cysteine (NAC) and cysteine (N-acetyl cysteine). Some formulas designed to support mood already contain most of these, in which case you don't need to supplement extra.

**SAM** must be taken away from food. Ideally take twice daily on an empty stomach between meals. One of the best forms of SAM is S-adenosylmethionine tosylate disulfate. You can double this dose but be aware that too much can make you nauseous or give you heartburn. This usually goes away within a day or two.

Some people have also reported irritability, anxiety or insomnia on high doses.

**Chromium** helps to stabilise blood sugar balance and, in high doses, is a potent antidepressant in those suffering from atypical depression (see page 296). You need 400–600mcg a day for this effect. Most supplements come in 200mcg tablets, so start with two. Chromium is best taken in the morning and during the day, not in the evening. There is no toxicity below 10,000mcg. Best forms are chromium polynicotinate and chromium picolinate.

**Omega-3** supplements vary greatly in what they contain. You want to select one that has the most EPA + DHA, and relatively more EPA than DHA. It is also worth getting one from a reputable

company so that you can be confident it is pure (free from contaminants such as PCBs and mercury). Your goal is to supplement 1,000mg of EPA + DHA a day, probably 600mg of EPA plus 400mg of DHA. Most 1,000mg supplements provide at least 500mg of EPA + DHA, so this means taking two large fish oil capsules. Read the label carefully.

### **Making it easy**

Some supplements designed to support mood contain combinations of 5-HTP, tyrosine, DL-phenylalanine plus methylating B vitamins and TMG. We will call this kind of combination a 'mood nutrient formula'. Your supplement planner will then be:

### **EASY PLANNER: MOOD PRESCRIPTION**

<b>Supplement</b>	<b>Morning</b>	<b>Afternoon</b>
Mood nutrient formula	2 on waking	2 mid afternoon
Chromium 200mcg	1 on waking	1 with lunch
Omega-3 EPA rich capsule	1 with breakfast	1 with lunch

Plus the Basic Supplement Pack (page 388)