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Three Supplements to Support Mental Health

B-vitamins, magnesium, and fish oil provide a myriad of benefits,as explained by renowned expert in latest issue of Experience Life

CHANHASSEN, Minn., Feb. 25, 2025 /PRNewswire/ -- While people often associate supplements with physical health, growing research supports the benefits of select supplements on the brain too. In the latest issue of the award-winning *Experience Life* magazine published by Life Time (NYSE: LTH), Henry Emmons, MD, an integrative psychiatrist specializing in mental health, cites three key supplements that have the power to support mental health, and offers readers practical ways to enhance overall well-being.

Three Supplements for Mental Health:

- **B Vitamins:** Crucial for brain function and neurotransmitter production, B vitamins can reduce symptoms of depression and anxiety, improve mood, and enhance cognitive function. Good dietary sources include whole grains, dried beans, meat, fish, dairy, fresh vegetables, and leafy greens. However, deficiencies are common due to factors like nutrient-depleted soil and genetic quirks that affect absorption. Emmons says to consider supplementing with a multivitamin that contains reliable, third-party tested, high-potency forms of vitamin B-6 and B-12 to provide daily, dependable support for brain health. The LTH Daily Multivitamin is an option.

- **Magnesium:** Vital for nerve transmission and muscle function, magnesium can have a calming effect on the nervous system, alleviating stress and anxiety, and supporting better sleep. Magnesium is found in whole foods such as leafy greens, fruits, dairy, whole grains, nuts, seeds, beans, and legumes. Here too, many people don't get enough magnesium from diet alone and may benefit from a high-quality supplement, such as LTH Calm Magnesium, which contains a highly bioavailable form of magnesium.

- **Omega-3 Fatty Acids:** Known for their anti-inflammatory properties, omega-3s can support brain- cell structure and communication, reducing symptoms of depression and improving mood. Omega-3s have been shown to benefit heart health, making them a valuable addition to a well-rounded health regimen. Dietary sources of omega-3s include salmon, other fatty fish, olive oil, nuts, and seeds. Emmons suggests supplementing to increase omega-3 consumption. When selecting a fish oil supplement, look for one that is sustainably sourced, contains EPA and DHA, the most active forms of omega-3 fatty acids and is tested for mercury. LTH GLOW Omega-3 Fish Oil, which is sourced from wild-caught anchovy, supports metabolism, body composition, and recovery.

"We know physical and mental health are deeply connected and that high-quality

supplements can benefit both," says Jamie Martin, editor-in-chief of *Experience Life* and vice president of content strategy at Life Time. "We're pleased to have Dr. Emmons provide our readers and Life Time members with reliable information that can help them make choices that support their health and wellness goals."

You also can hear from Dr. Emmons on the "Why We Need Sleep" episode of the *Life Time Talks* podcast, available online, on Apple Podcasts or Spotify.

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