



Depending on the severity of anxiety and depression there is an increasing consensus that the nutrient status in the body is a modifiable factor in mental health conditions. Certain supplements can help reduce stress levels, improve mood and support overall mental well-being. It's also important to keep in mind that in addition to supplements and vitamins, lifestyle changes such as exercise, improving diet, and reducing stress levels may all be beneficial. Our pharmacist can provide recommendations for high-quality supplements, including some of the following:

- **B vitamins** help maintain healthy brain cells, convert food into energy, create new blood cells and maintain healthy tissues. When proper levels of B vitamins are not obtained through diet, a B Complex supplement may be helpful.
- **Omega-3 fatty acids** have a number of biological functions in the body. Brain membranes contain high levels of these fats and low levels could lead to various behavioral and psychiatric disorders.
- **Magnesium** helps stimulate the production of melatonin and serotonin which both boost your mood and help with sleep. It also reduces the production of cytokines and cortisol which both lead to inflammation and stress.
- **Vitamin D** plays many roles in the body. Many studies have shown that there is a relationship between vitamin D and depression, but nothing conclusive states that vitamin D deficiency causes depression. If tests reveal a vitamin D deficiency, a high-quality supplement is recommended for overall health.
- **CBD** may help calm anxiety and improve sleep which in turn can stabilize mood.

It is important to note that supplements or vitamins cannot replace the need for professional medical care for mental health issues.

When commercially available prescription medications are not offering the relief needed when treating anxiety and depression, a compounded medication may help.

- **Intranasal ketamine** is well tolerated and offers a route to the brain that bypasses challenges with gastrointestinal absorption and first-pass metabolism.
- **Low-dose naltrexone** promotes stress resilience, exercise, social bonding, and emotional well-being, and ameliorates psychiatric problems such as depression.

***If you are experiencing anxiety or depression, seek help. In addition to utilizing a medical professional, pharmacists can play a role in healing mental health struggles. Whether you are just beginning your healing journey, or you have been struggling for a long time, it is important to know that options are available when it comes to your mental health treatment.***

**References:**

<https://www.nami.org/mhstats>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770181/>

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2702216>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452159/>

<https://pubmed.ncbi.nlm.nih.gov/26035196/>

<https://pubmed.ncbi.nlm.nih.gov/19041189/>

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## PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thank you.

## Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at

Central Compounding, we would appreciate an online review.

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### ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

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### REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175.

*Call Mary, our Patient Care Coordinator, to schedule your appointment.*

### HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



**HOURS:** Monday - Friday 9am - 5:30pm  
Closed for lunch 12:30pm - 1pm  
Closed Saturday and Sunday

