

A CARLAT PSYCHIATRY REFERENCE TABLE

Nutritional Supplements for Preventing or Treating Mental Illnesses			
Supplement	Dose	Possible Effects	References
B-complex (B ₁ , B ₆ , B ₁₂)	Varies by supplement	May slow cognitive decline	McCleery J et al, <i>Cochrane Database Syst Rev</i> 2018;11(11):CD011905
Ginkgo biloba	60–240 mg daily	May help cognitive symptoms in dementia and mild cognitive impairment	Heui S and Lavretsky H, <i>Int Psychogeriatr</i> 2012;24 Suppl 1(01):S1–2
Melatonin	1–6 mg nightly	<ul style="list-style-type: none"> • Insufficient evidence in insomnia • Treats sleep-wake phase disorder and jet lag 	<ul style="list-style-type: none"> • Costello RB et al, <i>Nutr J</i> 2014;13:106 • Sateia MJ et al, <i>J Clin Sleep Med</i> 2017;13(2):307–349
Omega-3 fatty acids	1000–3000 mg daily	<ul style="list-style-type: none"> • May prevent cognitive decline • May treat depression in mood disorders 	Varteresian T and Lavretsky H, <i>Curr Psychiatry Rep</i> 2014;16(8):456
S-adenosyl methionine (SAME)	1600–3200 mg daily	May have antidepressant effects	Cuomo A et al, <i>Ann Gen Psychiatry</i> 2020;19:50
Valerian root	300–600 mg daily	May promote sleep	Shinjo N et al, <i>J Evid Based Integr Med</i> 2020;25:2515690X20967323
Vitamin D ₃	400–4000 IU daily	May prevent cognitive decline, although data are mixed	Sultan S et al, <i>J Aging Res</i> 2020;6097820

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