

Omega-3 and Vitamin D Co-Supplementation Improve Depression, Anxiety, and Sleep Quality

QUOTE BOARD

“The use of supplements has become commonplace in recent years, and some evidence suggests that vitamin D has a role in the progression of diabetes. Moreover, the relationship between psychological distresses and vitamin D has been investigated in many studies. A meta-analytical study showed that vitamin D deficiency is associated with depression. In some studies, taking vitamin D supplements led to a reduction in depression and anxiety and improved sleep quality.”

“Omega-3 supplements have been proposed as a bioactive anti-inflammatory agent for delaying the development of type-II diabetes in pre-diabetic people. The effects of omega-3 on psychological symptoms have also been studied, and in some studies, depression, anxiety, and sleep quality improved as a result of taking omega-3.”

“The present study was conducted to determine the effectiveness of omega-3 and vitamin D co-supplementation on psychological distresses in women of reproductive age with pre-diabetes and hypovitaminosis D.”

“Conclusion: Vitamin D and omega-3 co-supplementation improved depression, anxiety, and sleep quality in women of reproductive age with pre-diabetes and hypovitaminosis D. Therefore, these two supplements can be recommended for improving the mental health of this group of women.”

WHAT YOU NEED TO KNOW

As with all the supplements in Dr. Chestnut’s Innate Choice® Essential Nutrient System™, omega-3 fatty acids and vitamin D work synergistically and, when taken together, have exponentially greater effect compared to when taken alone or, even worse, when not supplemented at all.

Dr. Chestnut created **OmegA+D Sufficiency™** which contains the daily requirements of both Omega-3 fatty acids and vitamin D for just this reason.

Depression, diabetes, anxiety, sleep disorders and virtually every other chronic health problem have essential nutrient deficiency as primary causal factors. Your cells, tissues, organs, and systems simply cannot have healthy structure or function without sufficient essential nutrient intake and this is why deficiencies in these nutrients are so devastating. It is also why supplementation with these nutrients is so important and so beneficial and this is exactly why Dr. Chestnut created the Innate Choice® Essential Nutrient System™.

WHAT YOU NEED TO DO

Go to www.eatwellmovewellthinkwell.com for more information and to order your **Innate Choice® Essential Nutrient System™** supplements.

Rajabi-Naeni et al. (2021) Effect of omega-3 and vitamin D co-supplementation on psychological distress in reproductive-aged women with pre-diabetes and hypovitaminosis D: A randomized controlled trial. *Brain and Behavior*. Nov; 11(11): e2342.