



Depression – Wisdom Builders Team

[wisdombuilders.com/proven-product-program/depression](https://www.wisdombuilders.com/proven-product-program/depression)

Depression

“The most common nutritional deficiencies seen in patients with mental disorders are of omega-3 fatty acids, B vitamins, minerals, and amino acids that are precursors to neurotransmitters.”(1)

Find out what’s going on in your life that needs working out (relationships, jobs, environment, attitudes, diet, etc.), and besides addressing these, add the following supplements:

(1) Understanding nutrition, depression and mental illnesses; Indian J Psychiatry. 2008 Apr-Jun; 50(2): 77–82. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337/>

NeoLife products are not intended to diagnose, treat or cure any disease. (11/2018)

GOOD

Good

Product Name	Quantity	Notes
Pro Vitality	1	Serving/packet
NeoLifeShake	1-2 servings	Serving/two scoops
Omega-III Salmon Oil Plus	2-3	evening
CalMag with 1000 IUs D	2-4 tablets	divide morning and evening
MultiMin	2 tablets	divide morning and evening
Acidophilus Plus	1	morning

If digestive limitations add one BetaGest and two Enzymes per meal. BETTER