* Magnesium Glycinate (400 mg 2x a day)
* Magnesium Citrate (400 mg) /Calm Power
* D3 2,000-5,000 IUS daily/1,000 IUS Kids
* Zinc
* Omega 3 EPA (Vit A)
* SAM-e (400-1600 mg) for depression
* Lavender (antiseptic function)
* Chamomile (200-1500 mg)
* Milk Thistle (anti-depressant/OCD)
* B-Vitamins
* Folic Acid
* Ashwagandha
* Kava Kava (works through Gaba)

**Amino Acids** (calming neurotransmitter)

* 5 HTP
* L-Tyrosine
* L-Theanine (100 mg 1-4 caps and for sleep)
* Gaba
* Triphala (gut health)
* Tryptophan