

# My favorite supplements for Postpartum Mental Health



Ashwagandha



Magnesium Glycinate



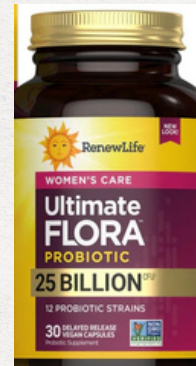
Vegan Omegas



Liquid Ashwagandha



Probiotic



Vitamin D





### 1. **Ashwagandha**

This is an all-natural herb that can help decrease stress and anxiety. My favorite brand from **Herb Pharm** comes in a liquid dropper which makes it easy to add to smoothies, water, or juice. It takes the edge off and has helped decrease my panic attacks and anxiety significantly. I usually take it once a day with food, but my recommendation is to try just a few drops to start and increase based off of how you are feeling.

Visit **My Shop** and search for this product in pill form if you don't prefer the liquid.

### 2. **Magnesium Glycinate**

This is good for stress, anxiety, sleep, muscle relaxation, and bone health. I love the brand below because it's extremely gentle on the stomach. Other forms of magnesium can be tough on your digestion.

**Order here** with my unique referral link, which includes a discount code for you.

### 3. **Omegas from Future Kind**

I love this company due to their awesome customer service and quality of products. I personally like these omega's because they are vegan and made with algae oil, which means they are plant derived. I also find that this type of omega is gentler on my stomach. They don't taste fishy, and they have a natural orange smell. Besides supporting mood, they also benefit memory and joint health. I went in for routine blood work last year and my cholesterol was a tad bit high and not "ideal". My naturopath then recommended omega's. After taking these for a few months, my numbers went back to where they needed to be. They also have a money back guarantee and are very flexible return policy.

#### **4. Renew Life Women's Care Probiotic**

A good quality women's probiotic is key to keeping stress and anxiety at bay since keeping the gut healthy can positively affect brain health. This one is affordable, gentle on the stomach, and is good for immune, digestive, and vaginal health. [Learn more](#) about this supplement.

#### **5. Thorne Vitamin D and K2**

This is one of my favorite everyday products. I love using this liquid because you can start out small with one drop at a time to see how you feel. Just a few of the many benefits are regulating mood, supporting immune system, and promoting strong bones. [Learn More](#).

Please note that this information is for educational purposes and not intended as medical advice. These products were recommended to me through professional guidance from my ND. Always consult with a healthcare professional for personalized guidance.

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