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The following nutrients may help specifically with stress, although research is incomplete:

Multivitamins: daily, containing the antioxidant vitamins A, C, E, the B-complex vitamins and trace minerals, such as magnesium, calcium, zinc, and selenium. In two studies, people who took a multivitamin were better able to cope with stressful situations than those who took placebo.

Vitamin C: 500 - 3,000 mg daily, as an antioxidant. In one study, large doses of vitamin C (3,000 mg per day in a slow release formula) reduced physical and mental responses to stress. Lower dose if diarrhea develops.

Probiotics: (containing *Lactobacillus acidophilus*), 5 - 10 billion CFUs (colony forming units) a day, can help with digestion and gastrointestinal health. Refrigerate your acidophilus products for best results.

L-theanine: 200 mg 1 - 3 times daily, for nervous system and immune support. A few studies show that theanine, a constituent in black tea, helps reduce the physical reaction to stress. Theanine may lower blood pressure. If you take blood pressure medication, taking theanine as well may lower your blood pressure too much.

Herbs
Herbs, however, can trigger side effects and can interact with other herbs, supplements, or medications. For these reasons, you should take herbs only under the supervision of a qualified health care provider.
Herbs are generally available as standardized dried extracts (pills, capsules, or tablets), teas, tinctures, or liquid extracts (alcohol extraction, unless otherwise noted). Mix liquid extracts with your favorite beverage. Dose for teas is 1 - 2 heaping teaspoonfuls per cup water, steeped for 10 - 15 minutes (roots need longer).

The following herbal remedies may provide relief from symptoms:
American or Asian Ginseng (*Panax ginseng,Panax quinquefolius*): 100 - 200 mg per day of standardized extract containing
4 - 7% ginsenosides. Ginseng is often called an "adaptogen," a substance that helps the body deal with stress and strengthens the immune system. Some studies suggest that ginseng can help the body cope with physical stress. If you have diabetes or take blood thinning medicine, talk to your doctor before taking ginseng. Pregnant women should not take ginseng.

Siberean Ginseng or Eleutherococcus (*Eleutherococcus senticosus),* 300 - 400 mg of extract per day. Like true ginseng, eleutherococcus is also an "adaptogen."

Bacopa (*Bacopa monniera*) standardized extract, 50 - 100 mg 3 times a day, for symptoms of stress and anxiety. A few studies suggest that a proprietary Ayurvedic mixture called Mentat containing bacopa and other ingredients may help reduce symptoms of stress.

Green tea (*Camellia sinensis*) standardized extract, 250 - 500 mg daily, for antioxidant, antistress, and immune effects. Use caffeine-free products. You may also prepare teas from the leaf of this herb.

Valerian (*Valeriana officinalis*, 150 mg 2 - 3 times per day) is an herbal treatment for insomnia, and is sometimes used to treat anxiety and stress. Valerian is often combined with lemon balm (*Melissa officinalis)* for treating mild to moderate anxiety. Valerian may interact with other drugs that have a sedative effect, such as benzodiazepines; barbiturates, narcotics; antidepressants; and antihistamines. Do not take valerian if you are pregnant or nursing. Valerian can also affect the liver, so do not take it if you have liver problems.

Kava kava (*Piper methysticum,* 100 - 200 mg 2 - 4 times a day) is sometimes suggested for mild to moderate anxiety, but tn rare cases, with very high doses liver damage has been reported.

Catnip (*Nepeta cataria*), **chamomile** (*Matricaria chamomilla)*, and **lemon balm** (*Melissa officinalis)* are often made into teas and used to help manage stress. Combine all three herbs, and make calming teas to sip when needed. Strong doses of chamomile may interact with birth control pills.