

Natural Health Products

Natural Health Product	Strength of Evidence/ Role in Therapy ¹	Typical or Studied Dose and Duration ¹	Comments
St. John's Wort (SJW)	First-line monotherapy for mild to moderate depression	Formulations of SJW have varied widely, as has the dose range (500 to 1800 mg/day), while treatment duration has spanned 4 to 12 weeks	Use caution when recommending St. John's Wort. It can cause many side effects, including gastrointestinal issues, headaches, skin irritation, photosensitivity and dry mouth. There is a concern that higher potency extracts may interfere with the metabolism of various medications, including antidepressants. St. John's Wort should not be used in pregnant or breastfeeding individuals
Omega-3 (e.g., eicosapentaenoic acid [EPA], docosahexaenoic acid [DHA])	Second-line monotherapy or adjunctive therapy for mild to moderate depression Second-line adjunctive therapy for moderate to severe depression	3 to 9 g/day of o-3 or 1 to 2 g of EPA plus 1 to 2 g of DHA per day. Duration of treatment ranges from 4 to 16 weeks	
SAM-e (S-adenosyl-L-methionine)	Second-line adjunctive therapy for mild to severe depression	Dose range of 800 to 1600 mg/day given in divided doses with meals over 4 to 12 weeks	
Acetyl-L-carnitine	Third-line monotherapy for mild to moderate depression	N/A	
Crocus sativus (saffron)	Third-line monotherapy or adjunctive therapy for mild to moderate depression	20 to 30 mg/day over 6 to 8 weeks	
DHEA	Third-line monotherapy for mild to moderate depression	Doses commonly used in research range from 30 to 450 mg/day, with treatment lasting 6 to 8 weeks	
Folate	Third-line adjunctive for mild to moderate depression	1,000 mcg (typical upper limit for ages 19+) ³⁷	
Lavandula (lavender)	Third-line adjunctive mild to moderate depression	2 to 4.5 mL/day (alcoholic tincture 1:2) or 6 to 12 mL/day (alcoholic tincture 1:5). It has only been studied as a short-term acute intervention (4-8 weeks)	Adverse effects of Lavandula include nausea, confusion and mild headaches