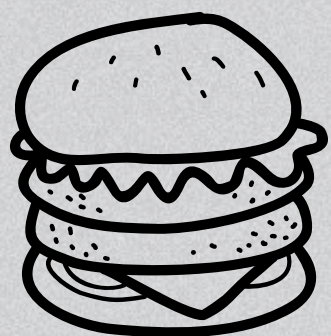
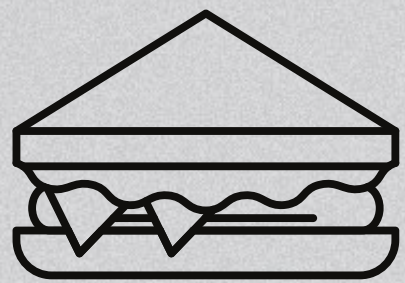


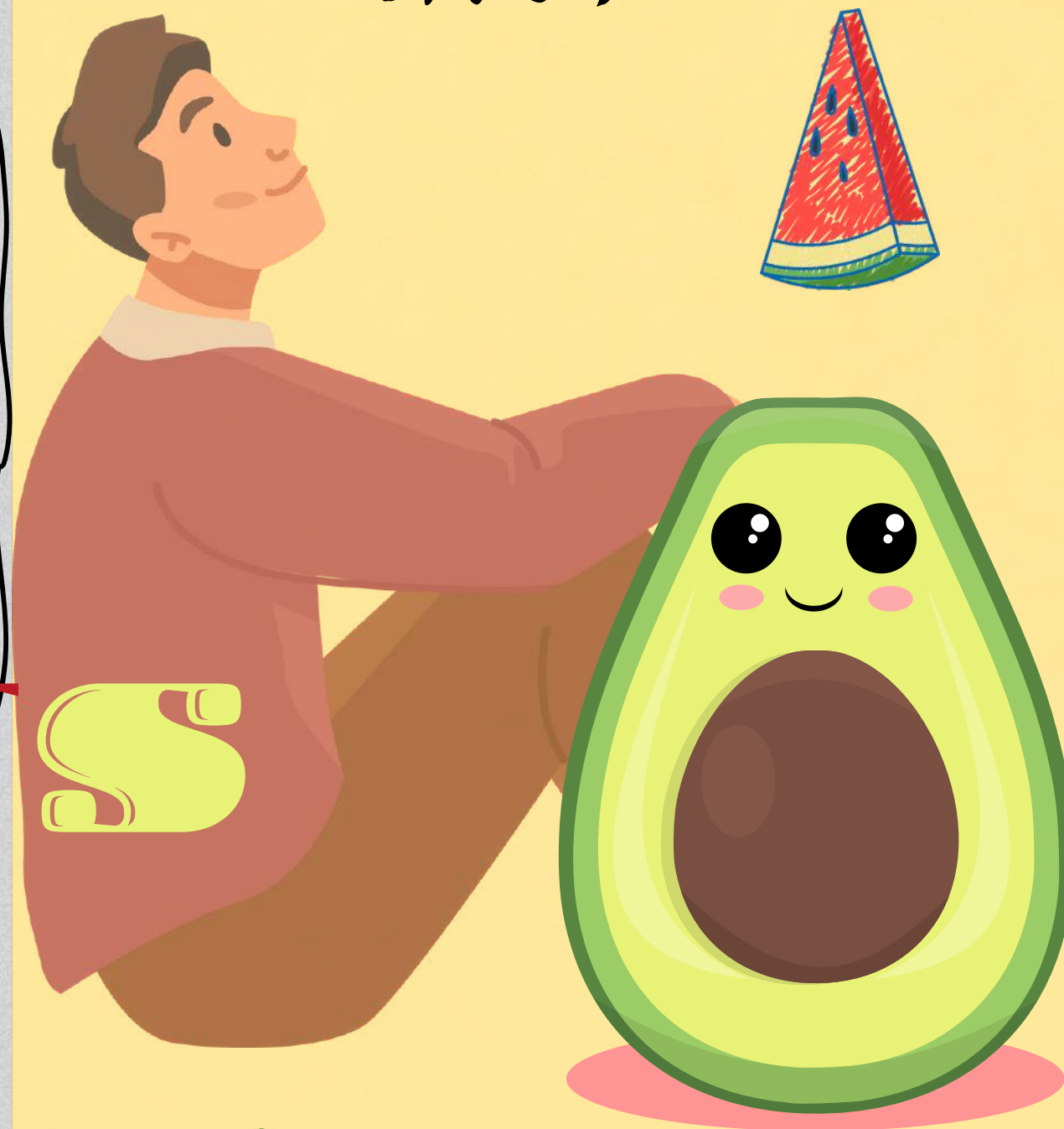
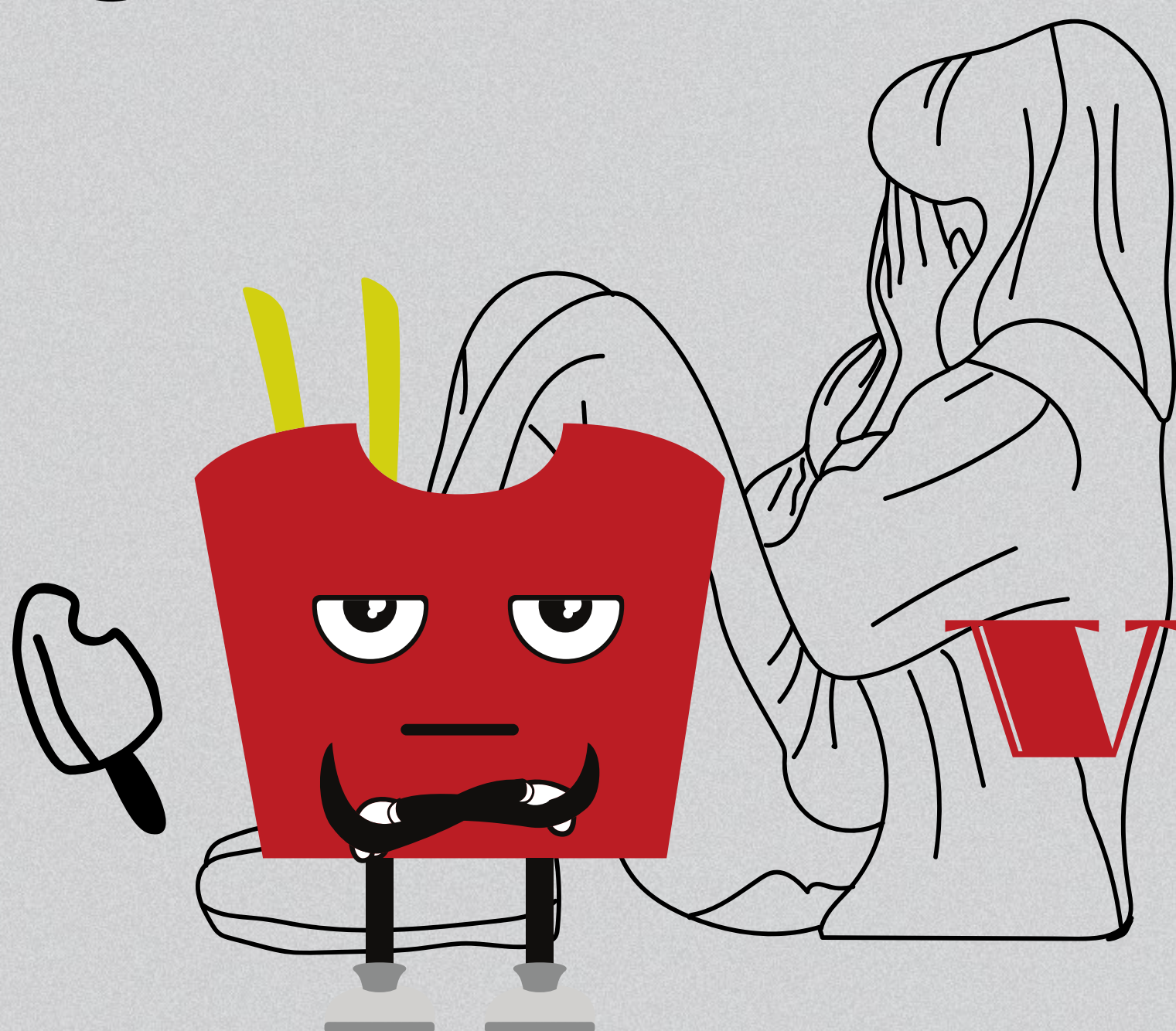
Anxiety Levels



12% higher anxiety
7% higher depression



33% reduction in
depression symptoms (in
adults)



Lack of key nutrients, such as vitamin D, B vitamins, and omega-3 fatty acids, may heighten anxiety and depression..

Probiotics in your gut, called "tiny buddies," may enhance gut health and alleviate anxiety symptoms in teens, according to studies.

