**Vitamins which helps in boosting mood and manage stress**

A diet deficient in key vitamins and nutrients might be to blame for bouts of bad moods. Here are some of the most important supplements for those dealing with symptoms of anxiety, depression, stress, or other mood-sabotaging condition.

**1. B-complex**

B-complex contains all eight B vitamins. B vitamins are water-soluble and should be consumed daily. B vitamins affect energy levels, cognitive performance, and mood. B-complex vitamins perform best when in combination with anxiety or depression medication.

**2. Vitamin E**

Vitamin E is a natural antioxidant. Antioxidants work to reduce the number of free radicals in the body. High levels of free radicals can lead to oxidative stress. Oxidative stress is linked to depression and anxiety disorders. During times of stress and anxiety, the body uses up high amounts of vitamin E. Daily doses can help restore the balance and increase the sense of calm.

**3. Vitamin C**

Vitamin C is another natural antioxidant. Vitamin C works to clear the body of excess cortisol produced during times of stress. Less cortisol in the system often translates to a reduced feeling of stress and anxiety. Vitamin C also prevents blood sugar levels from spiking during stressful situations. If blood sugar spikes, the ability to think clearly becomes harder. Vitamin C is water-soluble and should be consumed daily.

**4. GABA**

Gamma-aminobutyric acid (GABA) is a neurotransmitter naturally produced by the body. GABA works to carry messages between brain cells and reduce the activity of neurons throughout the body. Low levels of GABA have shown to increase stress, pain, anxiety, and moodiness. Gaba can be taken as a single dose or split across other supplements.

**5. 5-HTP**

5-Hydroxytyptophan (5-HTP) is another neurotransmitter naturally produced by the body. The body uses 5-HTP to create serotonin, the happy chemical. Anxiety and serotonin levels go hand in hand. Increased anxiety often leads to increased stress levels. 5-HTP has proven most effective when combined with additional therapies. Consulting a physician before taking this vitamin is recommended.