

Vitamins, Nutrients & the Nervous System (Education Only)

Purpose

This worksheet supports understanding how vitamins and nutrients help support nervous system regulation, energy production, and recovery. It is educational in nature and not intended to provide treatment or dosing guidance.



Why Nutrients Matter to the Nervous System

The nervous system requires adequate nutrients to regulate stress responses, support brain signaling, and recover from periods of overload. Chronic stress, trauma, illness, or depletion can increase nutrient needs while also impairing absorption. Nutrients do not “fix” dysregulation—but they help support the body’s ability to regulate, adapt, and repair.



Key Nutrients & Traditional Roles

Vitamin D3

Often described as a hormone, vitamin D plays a role in immune balance, mood regulation, inflammation, and nervous system health.

Vitamin K2

Supports appropriate calcium utilization and works synergistically with vitamin D, helping support bone and cardiovascular systems.

B Vitamins (including B12)

Support nervous system signaling, stress resilience, energy production, and cognitive function. Depletion can contribute to fatigue, irritability, and brain fog.

Omega-3 Fatty Acids

Support brain health, nervous system communication, gut integrity, and inflammation balance.

CoQ10

Supports cellular energy (mitochondrial function) and is often discussed in relation to fatigue, cognitive stamina, and cardiovascular support.

Gut Support (Probiotics & Digestive Enzymes)

Gut health influences nutrient absorption, immune signaling, inflammation, and nervous system regulation.

Nervous System Check-In

As you reflect on nourishment and support, notice:

- **My energy most often feels:**
- **Wired** **Tired** **Numb** **Variable** **Steady**
- **When stressed, my body tends to:**
- **Speed up** **Shut down** **Go foggy** **Swing between states**
- **One area where support might help my nervous system feel more resourced:**

Reflection

One way nourishment could support my nervous system right now is:

Closing Thought

Regulation is supported not just by practices—but by having the resources the nervous system needs to function.

Educational use only. Nutrient needs are individualized and should be guided by appropriate lab work and licensed medical providers.