Supplements for Bipolar:

When combined with prescription medication or therapy, these alternative approaches may help better bipolar disorder;

1. Rhodiola;
   - a herb which is used to help manage stress, it doesn’t ease depression like antidepressants, but has fewer side effects.

A Swedish study published in 2007 concludes that Rhodiola extracts an antidepressant effect. A placebo-controlled trial found that it was significantly more effective in alleviating symptoms of depression than the placebo. Other previous studies have shown that Rhodiola improves both physical and mental performance, enhances memory and sleep patterns, and reduces fatigue and anxiety.

http://www.livestrong.com/article/455380-rhodiola-bipolar/

2. St John’s Wort
   - a herb, often used in Europe, for mood management. The NCCIH states that St John’s Wort may help with depression but can also cause psychosis.

St John’s wort has been shown in studies to life symptoms of minor to moderate depression, and has been used in Europe for centuries. Studies also show that the herb may improve sleep because hypericum extract increases the brain output of melatonin at night, and this is the hormone which influences the circadian rhythm and sleep.

http://www.webmd.com/bipolar-disorder/guide/bipolar-disorder-supplements#3-7

3. Light Therapy
   - People with bipolar may have disrupted circadian rhythms and a number of strategies may help reset this internal clock including light therapy.

Light therapy is used to treat the depressive episodes of bipolar, and generally involved full-spectrum bright light exposure directly onto the eyes using either a light box or light visor. For people with bipolar disorder, several different doses have been used in studies including;

- 400 lux for 2 hour daily
- 7000 lux for 45-60 min
- 2000 lux morning light for 2 hours daily

It’s interesting to note that people with rapid cycling bipolar may respond better to midday light compare to morning or evening light.

https://www.verywell.com/light-therapy-for-bipolar-disorder-380665