



## **Accurate Clinic**

2401 Veterans Memorial Blvd. Suite 16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

**[www.AccurateClinic.com](http://www.AccurateClinic.com)**

### **Acetyl-L-Carnitine & Alpha Lipoic Acid (aka Thioctic Acid)**

There is good evidence that Acetyl-L-Carnitine and Alpha Lipoic Acid (aka Thioctic Acid) are effective for peripheral neuropathy, especially in diabetics. It may reduce the pain but also may improve the numbness and tingling. While the benefits are not as well defined, they may help reduce the frequency and severity of migraines and the pain associated with fibromyalgia.

**Acetyl-L-Carnitine Dose:** 500-1000mg 2x/day      **Alpha Lipoic Acid Dose:** 600mg/day, take on an empty stomach

### **Avocado-Soy Unsaponifiables (ASU)**

This improves the pain and stiffness associated with arthritis, especially in the hips and knees. It has an excellent safety record.

**Dose:** 300-600mg twice/day

### **Bromelain**

Derived from pineapples, bromelain is effective for acute inflammation and flare-ups of chronic arthritis and LBP.

**Dose:** 250mg – 300mg twice/day

**Precautions:** Purchase only preparations that are enteric coated to allow for best absorption.

**Contraindications:** Should not be used with warfarin (coumadin)

### **CoQ10**

This enzyme cofactor may be effective in reducing the frequency of migraine headaches by up to 50%. CoQ10 has few side effects (gastrointestinal, incidence less than 1%). It is considered safe for older children. Likely effective in fibromyalgia.

**Dose:** 150-300mg/day

### **Devil's Claw**

Derived from an African plant and used in Europe for decades, Devil's Claw may improve low back pain and the pain associated with arthritis. It has an excellent safety record.

**Dose:** 150mg/day

### **Magnesium (Epsom Salt)**

It is estimated that 60-80% of people older than 50 may be magnesium deficient. Magnesium can be very effective in preventing migraine headaches. Magnesium in the form of epsom salt baths is absorbed through the skin and avoids the diarrhea commonly associated with taking it orally. Magnesium is effective for muscle pain and spasm and also for depression.

**Dose:** 350-700mg/day or epsom baths 3-4x/week

**Precautions:** Caution with kidney disease

### **Omega 3**

This supplement offers many benefits including improving the pain associated with arthritis and the pain associated with menstruation. It is also an excellent supplement for improving cardiovascular health and has been shown to reduce mortality associated with heart disease. It also reduces the severity and frequency of migraine headaches.

**Dose:** 2 – 4gms/day of Omega3 (total of EPA + DPA).

### **Rhodiola Rosea**

This plant has been used in folk medicine for hundreds of years to improve mental clarity and fatigue. Studies support its effectiveness for anxiety, depression and insomnia.

**Dose:** 340mg – 680mg/day

**Precautions:** Purchase only if labelled "Standardized to 3% Rosavin) to assure proper quality and dosing.

### **Salicin**

Salicin is chemically related to aspirin and offers the same benefits but does not have any effect on platelets so it offers no protection against heart attacks or strokes. It is derived from willow bark but can be found in many other plants including meadowsweet, cottonwood, poplar, aspen and wintergreen.

**Dose:** 240mg /day      **Contraindications:** Should not be used by those allergic to aspirin



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### **SAMe (S-adenosylmethiomine)**

This is a precursor to many of the neurotransmitters that play a role in pain and depression. Popular in Europe since 1975, SAMe may relieve the pain of arthritis with effectiveness equal to ibuprofen and other NSAIDs. It is also useful for treating depression with effectiveness equal to many prescription antidepressants.

SAMe may take one or more weeks of use for the benefits to be fully appreciated.

SAMe appears to be free of interactions with other medications and it has few if any side effects.

**Dose:** Up to 1200mg – 1400mg/day. Start by taking 200mg twice a day and increasing the dose slowly every week or so until a maximum benefit is perceived.

**Precautions:** SAMe should be avoided in those with bipolar disorder as it may trigger manic behavior.