



Accurate Clinic

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www.AccurateClinic.com

This is a list of over-the-counter diet supplements and medications that have evidence for benefit with the pain and fatigue associated with fibromyalgia.

Diet: No specific diet is recommended. However, the "Wellness Diet," with emphasis on antioxidant-rich foods is encouraged.

Acetyl-L-Carnitine & Alpha Lipoic Acid (aka Thiocetic Acid)

There is good evidence that Acetyl-L-Carnitine and Alpha Lipoic Acid (aka Thiocetic Acid) are effective for peripheral neuropathy, especially in diabetics. It not only may reduce the pain but also may improve the numbness and tingling. While their benefits for fibromyalgia and migraine are not as well defined, there is evidence to suggest they are helpful in reducing 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

SAMe (S-adenosylmethionine)

This is a precursor to many of the neurotransmitters that play a role in pain and depression. Having been in popular use in Europe since 1975, SAMe offers relief for the pain of arthritis with effectiveness equal to ibuprofen and other nonsteroidal antiinflammatories (NSAIDs). It is also useful for treating depression with effectiveness equal to many prescription antidepressants. It may take one or more weeks of use for the benefits to be fully appreciated. SAMe appears to be free of any interactions with other medications and has few if any side effects.

Dose: Up to 1200mg – 1400mg/day. Start by taking 200mg twice a day and build the dose up slowly, increasing the dose 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.

Rhodiola Rosea

This plant has been used in folk medicine for hundreds of years to improve mental clarity and fatigue. Studies show that it is effective for anxiety, depression and insomnia.

Dose: 340mg – 680mg/day

Precautions: Purchase only preparations that are labelled "Standardized to 3% Rosavin) to assure proper quality and dosing.

Omega 3

This supplement offers many benefits including improving the pain associated with fibromyalgia, arthritis and the pain associated with menstruation. It is also an excellent supplement for improving the health of the heart and has been shown to reduce mortality associated with heart disease. It also reduces the severity and frequency of migraine headaches. Some studies argue for the need to obtain Omega 3 from fish oil or natural sources (fish, chia seeds) to be effective.

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

Magnesium

Effective in fibromyalgia, it also helps prevent migraine headaches and it protects against the development of diabetes. Magnesium deficiency is very common – it is estimated that 60-80% of people >50 y/o are deficient.

Dose: 350-700mg/day

Precautions: Caution with kidney disease. Diarrhea is a common side effect.

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. Good evidence for effectiveness in the pain, non-restful sleep and fatigue associated with fibromyalgia.

Dose: 150-300mg/day



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5HTP

A precursor to serotonin synthesis, it may benefit sleep quality, mood and pain.

Dose: 50-300mg at night

Melatonin

A naturally occurring biogenic amine produced in the pineal gland, it is commonly known as a sleep aid. However, melatonin has a variety of beneficial effects in fibromyalgia.

Dose: 0.5-5mg at night

Dextromethorphan

The active component in many over-the-counter cough medicines (the "DM" component), it has been shown to offer some relief in the pain of fibromyalgia.

Dose: Follow label instructions