



Fibromyalgia

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

Fibromyalgia
CAM Treatment

www.AccurateClinic.com

Accurate Education

Complementary and Alternative Medicine (CAM)

Nutraceuticals for Fibromyalgia - Fatigue

Those with fibromyalgia know that pain is only part of the story. Many people with fibromyalgia struggle with:

1. **Fatigue and exhaustion** that doesn't improve with rest
2. **Fibro fog"** (Cognitive impairment: problems with memory, concentration, and clear thinking)
3. **Sleep problems** difficulty falling asleep, staying asleep and waking up feeling unrefreshed
4. **Mood changes** including depression and anxiety

These symptoms can be just as disabling as pain, affecting one's work, relationships, and daily activities. There are certain natural, nutraceutical supplements and dietary changes that may help improve these symptoms.

Nutraceuticals are natural compounds found in foods or as supplements that may help manage medical conditions. This guide focuses on evidence-based nutraceuticals that may help with some of the fatigue symptoms of fibromyalgia.

Nutraceuticals for Fatigue

1. Coenzyme Q10 (CoQ10) (strongest evidence for fatigue)

What it is: A natural compound in our body that helps cells produce energy. Many people with fibromyalgia have low CoQ10 levels.

How it helps: CoQ10 improves how your mitochondria (the "power plants" of your cells) work, reduces inflammation, and acts as an antioxidant. It can significantly reduce fatigue in fibromyalgia.

Recommended dose: 200-300 mg /day. Ubiquinol or special formulations) for better absorption.

When to expect results: Most people notice improvements in fatigue within 40 days to 3 months

What the research shows: In one study, fibromyalgia patients taking 200 mg of CoQ10 twice daily experienced a 22% reduction in fatigue and 33% improvement in sleep disturbance. Another study using 300 mg daily showed significant improvements in pain, fatigue, and morning tiredness.

Safety: Very safe with minimal side effects, rare mild digestive upset.

Best used: CoQ10 may also help with pain, and it addresses multiple symptoms at once.

2. Acetyl-L-Carnitine (good evidence for fatigue and brain fog)

What it is: A natural compound that helps your body produce energy and supports brain function.

How it helps: Improves energy production in cells, protects nerves and may enhance mental clarity and reduce fatigue

Recommended dose: 500 mg 2 - 3x a day (1,000 - 1,500 mg total daily)

When to expect results: Benefits typically appear within 4-12 weeks.

Safety: Well-tolerated with few side effects. Rarely causes mild nausea or digestive changes.

Best used: Especially helpful if one has both fatigue and cognitive problems ("fibro fog").

3. Vitamin D (moderate evidence in deficiency)

What it is: A vitamin where deficiency is common, especially in fibromyalgia

How it helps: Vitamin D plays important roles in muscle function, immune health, and mood. Vitamin D deficiency may worsen fatigue and pain.

Typical dose: Based on blood levels

Safety: Safe when taken at recommended doses but very high doses can cause problems

4. Iron (important if deficient)

What it is: An essential mineral needed for oxygen transport and energy production.

How it helps: Iron deficiency (even without anemia) can cause severe fatigue. Studies show that people with iron deficiency anemia have a higher risk of developing fibromyalgia, and iron supplementation can reduce this risk and improve symptoms.

Recommended approach: Monitor iron levels (including ferritin, which measures iron stores). If ferritin is below 60 mcg/dL, one may benefit from iron supplementation.

Safety: Oral iron can cause constipation and stomach upset. Start with a low dose with food.

Important: Only take iron if when deficient. Too much iron can be harmful.

5. B Vitamins (limited, but evidence is suggestive)

What they are: A group of vitamins (B1, B2, B3, B5, B6/thiamine, B9/folic acid, B12) essential for energy production and nerve function.

How they help: B vitamins are needed for your body to convert food into energy and for proper nerve function. Supplementing vitamin B12 combined with oral folic acid may help reduce fatigue

Recommended approach: Monitor B9 (folic acid) and B12 levels.

Safety: B vitamins are generally very safe. High doses of B6 can rarely cause nerve problems.