



Fibromyalgia

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Fibromyalgia
CAM Treatment

Accurate Education

Complementary and Alternative Medicine (CAM)

Nutraceuticals for Fibromyalgia - Pain

Nutraceuticals are natural compounds found in foods or available as supplements that may help manage health conditions. For fibromyalgia pain, certain nutraceuticals have shown promise in research studies as add-on treatments to your regular medications. They work by reducing neuro-inflammation, supporting nerve health, and helping your body's natural pain control systems.

Important: Nutraceuticals are safe and effective in reducing pain in fibromyalgia, but they work best in combinations and they may require 1-3 months to achieve full benefits.

Nutraceuticals for Fibromyalgia Pain

1. Palmitoylethanolamide (PEA) (strongest evidence)

What it is: A natural fatty acid that your body produces to fight inflammation and pain.

How it helps: PEA reduces inflammation, suppresses overactive pain signals and decrease hypersensitivity to touch and pressure

Recommended dose: 600 mg twice daily (1,200 mg total per day)

When to expect results: Most people notice improvements within 4-8 weeks, with continued benefits through 6 months of use.

Safety: No serious side effects but some people may have mild digestive upset.

Synergies: The stronger evidence is for PEA combined with Acetyl-L-Carnitine (ALC) and medications like duloxetine or pregabalin.

2. Acetyl-L-Carnitine (ALC) (strongest evidence)

What it is: A natural compound that helps cells produce energy and supports nerve health.

How it helps: ALC protects nerves from damage, reduces pain signals in the spinal cord and has good evidence for fatigue, mood and brain fog (mental clarity).

Recommended dose: 500 mg 2-3x/ daily (1,000 mg total per day) or 500 mg three times daily (1,500 mg total per day)

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

Safety: Well-tolerated with few side effects. Rarely, some people report mild nausea or digestive changes.

Synergies: ALC works better when combined with PEA and meds like duloxetine or pregabalin.

3. Melatonin (good evidence for pain and sleep)

What it is: A natural hormone that regulates sleep, an anti-inflammatory and helps pain and anxiety.

How it helps: Reduces pain, improves sleep and decreases disability from fibromyalgia.

Recommended dose: 0.2 - 6 mg daily, taken in the evening

When to expect results: Improvements in pain and sleep may take up to 1-3 months.

Safety: Excellent safety profile. May cause drowsiness

Synergies: Especially helpful with both pain and sleep. Works works best with PEA

4. Magnesium (Mg) (moderate evidence)

What it is: An essential mineral that many people don't get enough of in their diet.

How it helps: Blocks pain signals in the nervous system and reduces muscle tension. People with fibromyalgia and poor sleep often have low Mg levels that responds to Mg replacement.

Recommended dose: Common forms are magnesium glycinate or citrate, Typical doses range from 200-400 mg before bedtime..

Safety: High doses may cause diarrhea and should be used with caution in kidney disease. Dose may be driven by monitoring. Blood levels (maintain 1.7-2.6 mg/dL) Start with a low dose

Best used: Most effective in those with low magnesium and those with sleep problems.

5. Curcumin (Limited but with promising evidence)

What it is: The active compound in turmeric, a yellow spice used in cooking.

How it helps: Powerful anti-inflammatory effects that may reduce pain sensitivity.

Recommended dose: it is poorly absorbed, so requires formulations with enhanced absorption properties, such as liposomal and nano-formulations (better than just with black pepper extract

Safety: Safe, but high doses may cause digestive upset in some people.

6. Omega-3 Fatty Acids (EPA/DHA) (Limited evidence)

What it is: Healthy fats found in cold water fish like salmon, tuna, sardines and mackerel

How it helps: Reduces inflammation throughout the body and may improve mood.

Recommended dose: 1,000-3,000 mg combined EPA/DHA daily

Safety: Safe.

Other Supplements

While some compounds have limited evidence for benefit in fibromyalgia pain, they may offer benefits for other fibromyalgia-related conditions.

Alpha-lipoic acid: May not help fibromyalgia pain, but it may help other types of nerve pain.

Vitamin D: Deficiency is common in fibromyalgia and may worsen fatigue and pain

Coenzyme Q10: Limited evidence for pain and brain fog but strong evidence for fatigue.

N-acetylcysteine (NAC), Boswellia and NAD: Insufficient evidence for fibromyalgia pain but their mechanisms of action suggest likelihood of benefit.

Dietary Changes That May Help Pain

Dietary approaches may reduce fibromyalgia pain, especially an Anti-Inflammatory diet rich in olive oil, fruits, vegetables, fish, and whole grains along with reducing processed foods

Weight loss (if overweight) consistently improves pain, fatigue, and quality of life.

Eliminate food additives: Some people benefit from avoiding MSG and aspartame

Low FODMAP diet: Reduces certain hard-to-digest carbohydrates; especially helpful in those with digestive symptoms

What nutraceuticals CAN do:

- Reduce pain intensity by a modest but meaningful amount
- Improve sleep and reduce fatigue and brain fog (cognitive impairment)
- Enhance the effects of your prescription medications
- Provide benefits with minimal side effects
- Support overall health and well-being

