

Nutraceutical Dosing Summary

Nutraceutical	Starting Dose	Optimal Therapeutic Dose	Maximum Studied Dose	Dosing Frequency	Best Timing	References
Acetyl-L-Carnitine	500 mg/day	1,500-3,000 mg/day	3,000 mg/day	Divided BID-TID	With or without food	[1] , [2]
Curcumin	500 mg/day	1,000-2,000 mg/day (enhanced)	8,000 mg/day (standard)	Divided BID	With fatty meal	[3] , [4]
Omega-3 (EPA+DHA)	1,000 mg/day	2,000-4,000 mg/day	5,000 mg/day	Divided BID-TID	With fatty meal	[1] , [4]
Alpha-Lipoic Acid	300 mg/day	600-1,200 mg/day	1,800 mg/day	Divided BID-TID or once daily	Empty stomach	[2] , [5]
Magnesium (elemental)	200 mg/day	400-600 mg/day	800 mg/day	Divided BID	With food (reduces GI)	[1] , [2]
PEA	300 mg/day	600-1,200 mg/day	1,200 mg/day	Divided BID	With or without food	[6] , [7]
Boswellia (AKBA)	150 mg/day	300-500 mg/day	500 mg/day	Divided BID-TID	With food	[8] , [9]
NAC	600 mg/day	1,200-2,400 mg/day	3,000 mg/day	Divided BID-TID	Empty stomach	[2] , [5]
Resveratrol	100 mg/day	150-500 mg/day	1,000 mg/day	Once daily or BID	With food	[4] , [10]
CoQ10	100 mg/day	200-400 mg/day	600 mg/day	Divided BID	With fatty meal	[5] , [7]
Nicotinamide Riboside	250 mg/day	500-1,000 mg/day	2,000 mg/day	Once daily or BID	With or without food	[4] , [11]
Vitamin D3	1,000-2,000 IU/day	2,000-5,000 IU/day	10,000 IU/day	Once daily	With fatty meal	[2] , [12] , [13]
Melatonin	1-3 mg/day	3-10 mg/day	20 mg/day	Once daily	30-60 min before bedtime	[7] , [11]
Sulforaphane	10 mg/day	20-50 mg/day	100 mg/day	Once daily	With or without food	[4] , [14]
Quercetin	250 mg/day	500-1,000 mg/day	1,500 mg/day	Divided BID	With food	[1] , [10]
Taurine	500 mg/day	1,500-3,000 mg/day	6,000 mg/day	Divided BID-TID	With or without food	[1] , [7]

Key: BID - Two times daily TID - Three times daily

References

1. [Does Diet Play a Role in Reducing Nociception Related to Inflammation and Chronic Pain?](#). Bjørklund G, Aaseth J, Doşa MD, et al. *Nutrition* (Burbank, Los Angeles County, Calif.). 2019;66:153-165. doi:10.1016/j.nut.2019.04.007.
2. [The Role of Diet and Non-Pharmacologic Supplements in the Treatment of Chronic Neuropathic Pain: A Systematic Review](#). Frediani JK, Lal AA, Kim E, et al. *Pain Practice : The Official Journal of World Institute of Pain*. 2024;24(1):186-210. doi:10.1111/papr.13291.
3. [Bioenhancer Assessment of Black Pepper With Turmeric on Self-Reported Pain Ratings in Adults: A Randomized, Cross-Over, Clinical Trial](#). Durham L, Oster RA, Ithurburn M, et al. *Nutrients*. 2026;18(2):223. doi:10.3390/nu18020223.
4. [Bioactive Compounds for Neuropathic Pain: An Update on Preclinical Studies and Future Perspectives](#). Shen CL, Castro L, Fang CY, et al. *The Journal of Nutritional Biochemistry*. 2022;104:108979. doi:10.1016/j.jnutbio.2022.108979.
5. [Nutraceutical Approach to Peripheral Neuropathies: Evidence From Clinical Trials](#). Mostacci B, Liguori R, Cicero AF. *Current Drug Metabolism*. 2018;19(5):460-468. doi:10.2174/1389200218666171031145419.
6. [Extended Treatment With Micron-Size Oral Palmitoylethanolamide \(PEA\) in Chronic Pain: A Systematic Review and Meta-Analysis](#). Schweiger V, Schievano C, Martini A, et al. *Nutrients*. 2024;16(11):1653. doi:10.3390/nu16111653.
7. [A Systematic Review and Meta-Analysis on the Role of Nutraceuticals in the Management of Neuropathic Pain in in Vivo Studies](#). Ilari S, Proietti S, Russo P, et al. *Antioxidants* (Basel, Switzerland). 2022;11(12):2361. doi:10.3390/antiox11122361.
8. [Nutraceutical Supplements in Management of Pain and Disability in Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Clinical Trials](#). Aghamohammadi D, Dolatkah N, Bakhtiari F, Eslamian F, Hashemian M. *Scientific Reports*. 2020;10(1):20892. doi:10.1038/s41598-020-78075-x.
9. [Nutraceuticals and Osteoarthritis Pain](#). Wang A, Leong DJ, Cardoso L, Sun HB. *Pharmacology & Therapeutics*. 2018;187:167-179. doi:10.1016/j.pharmthera.2018.02.015.
10. [The Role of Phytochemicals in Managing Neuropathic Pain: How Much Progress Have We Made?](#). Sic A, Manzar A, Knezevic NN. *Nutrients*. 2024;16(24):4342. doi:10.3390/nu16244342.
11. [Neuro-Nutritional Approach to Neuropathic Pain Management: A Critical Review](#). Cominelli G, Sulas F, Pinto D, et al. *Nutrients*. 2025;17(9):1502. doi:10.3390/nu17091502.
12. [Vitamin D in Pain Management](#). Helde-Frankling M, Björkhem-Bergman L. *International Journal of Molecular Sciences*. 2017;18(10):E2170. doi:10.3390/ijms18102170.
13. [The Interfaces Between Vitamin D, Sleep and Pain](#). de Oliveira DL, Hirotsu C, Tufik S, Andersen ML. *The Journal of Endocrinology*. 2017;234(1):R23-R36. doi:10.1530/JOE-16-0514.
14. [Alleviation of Pain, PAIN Interference, and Oxidative Stress by a Novel Combination of Hemp Oil, Calamari Oil, and Broccoli: A Randomized, Double-Blind, Placebo-Controlled Trial](#). Carlisle C, Polley K, Panda C, et al. *Nutrients*. 2023;15(12):2654. doi:10.3390/nu15122654.
15. [Vitamin D and Its Potential Interplay With Pain Signaling Pathways](#). Habib AM, Nagi K, Thillaiappan NB, Sukumaran V, Akhtar S. *Frontiers in Immunology*. 2020;11:820. doi:10.3389/fimmu.2020.00820.