



## 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)

## Accurate Education

# Opioid Tapering With Nutraceutical Support

Long-term opioid use causes two changes in the nervous system: (1) Opioids become less effective over time (Opioid Analgesic Tolerance - OAT), and (2) Opioids can sometimes to a degree, actually increase pain sensitivity (Opioid-Induced Hyperalgesia - OIH) by increasing neuroinflammation.

Both changes are driven by alterations in a pain-magnifying receptor in the spinal cord (NMDA). This protocol uses four natural nutraceutical supplements to lessen the impact of these changes at their source — making tapering smoother, safer, and more likely to succeed.

## THE FOUR NUTRACEUTICALS

### **Agmatine** — *The Pain Magnification Blocker*

- Blocks the specific spinal cord receptor that drives tolerance and pain amplification and makes opioid medications work 5–9 times more effectively. It replaces natural agmatine that long-term opioid use depletes from the body.
- *Starting dose:* 1,000 mg/day for the first week (divided dose twice/day, with food)
- *Maintenance dose:* 2,000 -3,000 mg/day (divided dose twice/day)

### **PEA (Palmitoylethanolamide)** — *Reduces overactive immune cells*

- Calms overactive immune cells in the nervous system that accelerate tolerance. Provides its own independent pain relief. May help reduce anxiety and low mood during tapering.
- *Dose:* 600 mg twice daily (ultramicrosized form), with meals

### **Magnesium L-Threonate** — *The Brain-Targeted NMDA Blocker*

- A unique form of magnesium that enters the brain and spinal cord. Blocks the same pain receptor as agmatine but in a different way. Also makes opioid receptors more responsive.
- *Dose:* Per product label (1,500–2,000 mg magnesium L-threonate daily)

### **Melatonin** — *The Nerve Protector and Sleep Optimizer*

- Protects nerve cells from opioid-related damage. Suppresses an inflammatory pathway that drives tolerance. May improve sleep — critical for pain management and successful tapering.
- *Dose:* 3–5 mg at bedtime

## THE FOUR PHASES

### **PHASE 1: GETTING READY** (Weeks 1–6) — No opioid changes

- **Weeks 1–2:** Start agmatine (half dose week 1, full dose week 2) and PEA
  - **Weeks 3–4:** Add magnesium L-threonate and melatonin
  - **Weeks 5–6:** Continue all four; your doctor assesses baseline pain, function, and blood work
- Why we wait:** Supplements need time to build up in the brain and spinal cord before tapering

## PHASE 2: BEGINNING THE TAPER (Months 2–4) — Small, gradual reductions

- Opioid dose reduced by 5–10% every 2–4 weeks
- Many patients feel equal or better pain relief at lower doses because the supplements are enhancing opioid effectiveness and reversing pain amplification
- If pain increases or withdrawal symptoms occur, the taper should be paused — not abandoned

## PHASE 3: CONTINUING THE TAPER (Months 5–12+) — Ongoing gradual reductions

- Same gradual approach continues; pace slows further below 30% of original dose
- Additional supplements ( i.e. curcumin, omega-3, NAC, alpha-lipoic acid) may be added
- Pausing for 4–8 weeks at any point is completely acceptable

## PHASE 4: YOUR NEW NORMAL (Month 12+) — Reaching your personal goal

- Goal is individualized: complete discontinuation OR the lowest effective dose
- Continue all four supplements for at least 6 months after reaching your goal
- Staying on a low maintenance opioid dose is a perfectly valid outcome

## POSITIVE SIGNS TO WATCH FOR

- Same or better pain relief at a lower opioid dose
- Pain that had been spreading begins to stay in one area
- Less sensitivity to light touch or temperature
- Clearer thinking, better sleep, improved mood, more energy
- Fewer opioid side effects (less constipation, less drowsiness)

## IMPORTANT SAFETY RULES

### *Do:*

- Take supplements consistently with meals (melatonin at bedtime)
- Report all changes in pain or symptoms to your doctor
- Be patient — nervous system healing takes weeks to months

### *Do not:*

- Change your opioid dose on your own (supplements enhance opioid effects — unsupervised changes could be dangerous)
- Stop supplements suddenly during the taper
- Take agmatine if you are on MAO inhibitor-type antidepressant (other antidepressants are ok and their benefits may be enhanced).

## A NOTE ABOUT THE EVIDENCE

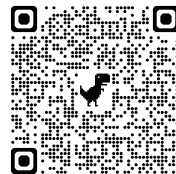
These supplements have strong scientific research supporting their use, but no clinical trial has yet tested this specific four-supplement combination for opioid tapering. Your doctor is recommending this approach based on the best available evidence and will monitor your response carefully. Your feedback is essential to making this program work.



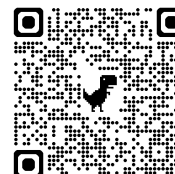
Agmatine



PEA



Patient Guide  
Tapering



Melatonin



Magnesium  
L-Threonate