SUPPLEMENTS FOR YOUR NERVOUS SYSTEM

Disclaimer: Dietary supplementation should NOT be initiated without the supervision of a qualified physician. Check with your doctor before you begin. Several of these supplements may have adverse effects.

**VITAMIN E**
- Powerful antioxidant that reduces levels of free radicals and oxidative stress
- Protects against side effects: numbness, tingling, burning and pain

**B COMPLEX**: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid), B12 (cobalamin)
  - B12 deficiency results in damage to protective covering of nerves
  - Decrease in pain (B1/B6/B12)
  - Folic acid (B9): maintenance of nerve cells

**ACETYL-L-CARNITINE**
- 2 small studies - limit chemotherapy induced neuropathy
- Neuroprotective properties
- More studies needed, effectiveness not established

**ALPHA-LIPAOIC ACID**
- Benefit in diabetic neuropathy (less pain, burning and numbness)
- Further studies needed for safety/efficacy of ALA in prevention/treatment of chemotherapy induced neuropathy

**GLUTAMINE**
- A neutral nonessential amino acid though to have neuroprotective effects (particularly with Paclitaxel)
- More research needed to assess efficacy of glutamine

**GLUTATHIONE**
- Tripeptide thought to prevent neurotoxicity
- Efficacy seen in 50 advanced gastric cancer undergoing cisplatin-based chemotherapy

**MAGNESIUM/CALCIUM**
- Improvements in neurotoxicity following infusion; helps with cramping
- Caution: may cause diarrhea in large doses
- Need more research to evaluate use as prevention/treatment of chemotherapy induced neuropathy

**N-ACETYL-CYSTEINE (AMINO ACID)**
- Powerful antioxidant: Animal studies have shown inhibition of diabetic neuropathy and protection against neuropathies caused by chemotherapy drugs

**OMEGA-3 FATTY ACIDS**
- High quantities in cold-water fish (salmon) and widely consumed for anti-inflammatory powers
- Essential fatty acids and important component of cell membranes, myelin sheath that protects nerves
- Studies show ability to reduce demyelination of nerves and neuropathic pain

**Cancer Wellness Center - May 13, 2010 - Anne Leavell, MS, RD, LDN, CDE - Department of Neurology, Northwestern Medical Faculty Foundation**