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

ALPHA-LIPOIC 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-Acetylcysteine (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

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