

Provider's Name: _____

Pin#: NDS-10376

Protocol for Fibromyalgia

Fibromyalgia is characterized by widespread, chronic musculoskeletal pain affecting muscles, tendons, ligaments, and connective fibrous tissue throughout the body, but particularly the neck, lower back, shoulders, chest, base of the skull, knee joints, either side of the elbows and thighs.

The following nutrients are recommended for Fibromyalgia:

- **Magnesium Glycinate (100 mg)** – Klaire Labs (KLA-V827-10)/100 Veg Caps
Dosage: To bowel tolerance
Start with one capsule twice per day (or if using liquid, one serving twice per day), and increase dosage by one capsule per day, until magnesium causes a laxative effect. Subtract one capsule to determine your individual daily dosage. If you do not want to take Magnesium tablets, then consider, Liquid Magnesium.
Liquid Magnesium (400 mg) – Trace Minerals Research (TRM-IOM01)/2 Fl. Oz.
Adequate magnesium is necessary for proper muscle functioning. Magnesium deficiency promotes excessive muscle tension. *1
- **Vitamin D3 (2,000 IU)** - Metabolic Maintenance (MMP-00664)/120 Caps
Dosage: One capsule daily
New research on vitamin D has revealed that it has an anti-inflammatory effect and that a high percentage of Americans are deficient in this key nutrient. *2
- **D-Ribose (5 Grams)** – Designs for Health (DFH-RIB150)/150 Grams
Dosage: One scoop twice daily
Ribose is clinically proven to restore cellular energy needed to promote healthy tissue function, increase exercise tolerance, and improve quality of life. *3
- **Super Omega-3 Gems Fish Oil Concentrate (1000 mg)** – Carlson (CAL-1522)/250 Softgels
Dosage: Two capsules twice daily
Omega-3 fatty acids are shown to decrease inflammation, supporting cardiovascular and joint health. Omega-3 fatty acids are deficient in the majority of Americans' diets. *4
- **Malic Acid (600 mg)** - Ecological Formulas (EFS-MALIC)/90 Caps
Dosage: One capsule twice daily
Malic acid, combined with magnesium, nutritionally supports energy and muscle health by increasing production of ATP, which is used as fuel for muscles.

*1 Potential drug interactions with magnesium: Magnesium inhibits calcium entry into smooth muscle cells and may therefore have additive effects with calcium channel blockers.

*2 Potential drug interactions with vitamin D3: Calcipotriene is a Vitamin D analog used topically for psoriasis, and supplementing with vitamin D could cause hypercalcemia. Thiazide diuretics decrease urinary calcium excretion, which could lead to hypercalcemia if supplements are taken concurrently.

*3 Potential drug interactions with ribose: Theoretically, ribose may increase the hypoglycemic effect of oral antihyperglycemic agents and insulin

*4 Potential drug interactions with fish oil: Monitor patients taking fish oils and drugs that affect bleeding.

We have some items available for purchase in the office; if ordering online a shipping fee will apply.

Supplements are offered to our patients with the understanding that they are part of an uncovered treatment plan. All supplements will be sold to the individual patient; we will not submit to any insurance.