

Coenzyme Q10

Clinical trials consistently show that CoQ10 reduces fibromyalgia symptoms such as pain and fatigue.^{1,2,3,4}

Carnitine

Deficiency causes muscle pain due to inefficient cellular energy metabolism (mitochondrial myopathy) which presents as fibromyalgia.^{4,5}

Selenium

Deficiency is linked to fibromyalgia; In one trial, symptoms improved in 95% of patients supplemented with selenium for at least 4 weeks.^{25,26,27}

Choline & Inositol

Altered levels of both nutrients seen in fibromyalgia; Choline & inositol are involved in pain perception.^{6,7,8,9}

Magnesium

Involved in pain perception pathways and muscle contraction; Treatment with magnesium can improve tenderness and pain.^{23,24,25}

Serine

Blood levels of this amino acid are much lower in fibromyalgia patients.^{10,11}

FIBROMYALGIA

Zinc Blood levels of zinc are associated with a number of tender points in fibromyalgic patients.²²

Vitamin D

Low levels impair neuromuscular function and cause muscle pain; Deficiency is common in fibromyalgia patients.^{12,13,14,15,16}

Antioxidants

Low antioxidant status increases pain in fibromyalgia, which is often considered an oxidative stress disorder.^{19,20,21}

Vitamin B1

Thiamin (B1) deficiency mimics fibromyalgia symptoms including serotonin depletion (decreased pain threshold), a decrease in repair enzymes (muscle soreness) and poor energy production (muscle fatigue.)^{17,18}

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