

Treatment for Fatigue, Pain, and Myalgias (December, 2019)

(Recommended Website: Puritan.com - Phone: **800-645-1030**)

1. Multivitamin & Vitamin C 1,000 mg
2. **Calcium:** Dairy 4 servings daily or Calcium Citrate 200 mg 2 tablets twice daily
(One dairy serving: 8 oz milk, yogurt, or cottage cheese; 1.5 oz cheese)
3. **Vitamin D:** 5,000 units ____ daily or 50,000 units (prescription) ____ times weekly
Goal “25-Vitamin D” blood level is between 40-100; toxic >150
4. **Fish Oil (omega-3)** – “Triple Strength” 1,360 mg (950 mg EPA+DHA) ____ capsules daily

Muscle Aches & Cramps:

1. CoQ10 200 to 400 mg daily
2. Selenium 200 mcg daily
3. L-Carnitine 500 mg - 4 capsules daily (may be helpful)
4. MagCitrate 200 mg ____ times daily; Tonic Water ____ oz; Cramp Formula (quinine)
5. Creatine 5 grams daily

Neuropathy:

1. **Inositol** 1,000 mg twice daily
2. **Borage Oil** 1,000 mg - 3 caps daily → GLA ~450 mg daily (prevents & treats)
3. **alpha Lipoic Acid** 600 mg – 1 capsule twice daily (prevents & treats)
4. **Benfotiamine** (Vitamin B1) 300 mg daily, **Vitamin B6** 50 mg daily, **Vitamin B12** 2,000 mcg daily
5. **Folic Acid** 800 mcg – 3 to 6 daily

Use the above supplements for at least 2 months before deciding that they are not working

Pain:

1. **Lidocaine** cream 4% (30 tubes – 4 oz each for \$16 Walmart) & patches → apply to painful area
2. **Diclofenac** 1% topical gel (prescription) – apply 4 times daily
3. **Tylenol** 500 mg 2 tablets every 6 hours – maximum 4,000 mg daily
4. *Add **Naproxen** (Aleve) 220 mg 2 tablets every 12 hours as needed (anti-inflammatory)
5. *Add **Aspirin** 325 mg 3 tabs every 6 hours as needed (anti-inflammatory)

Other:

1. **L-Arginine** 5 grams daily and advance to 15 grams daily to improve blood flow
2. **Cilostazol** (Pletal - prescription) 100 mg twice daily – vasodilator & platelet inhibitor
3. **Pentoxifylline** (Trental - prescription) 400 mg 2-3 times daily – reduces blood viscosity
4. **Capsaicin** cream (weakest strength) 2-3 times daily to painful area

Use latex gloves: Hot pepper juice – use smallest amount that works

(Hair & Nails: Biotin 10,000 mcg, Zinc 50 mg, & alpha Lipoic Acid 600 mg)

Prescriptions:

1. **Clonidine patch** → apply to painful area
2. **Amitriptyline** 25 mg at bedtime → 50 → 75 → 100 → 125 → 150 mg
Advance every 1-2 weeks as tolerated → Low Blood Pressure, drowsiness, irregular heart beat, abnormal muscle movements, low blood counts, fever, hallucinations
3. **Topamax** (topiramate) 25 mg bedtime → 25 → 50 → 75 → 100 mg twice daily; advance weekly
Regenerates nerve fibers in 4 months
Causes reduction in weight, BP, and triglycerides; increases HDL
High dose (400 mg) causes difficulty in remembering words and names
Other: fever, kidney stones, anemia, osteoporosis, fainting, liver damage
4. **Gabapentin** 1st day: 300 mg → 2nd day: 300 mg twice → 3rd day: 300 mg three times →
Add 300 mg every 3 days up to 3,600 mg daily (split into 3 doses daily)
Side Effects: Low BP, drowsiness, fever, nausea, diarrhea, tremor, swelling, poor coordination, abnormal vision, fatigue, low white cells & platelets
5. Anti-depressants, benzodiazepines, & narcotics