**Neuropathy Treatments**

**Vitamins (always take with food)**

* Multi-B Complex with B1, B6, B12, folic acid, etc (B6 should be approximately 100 mg and not exceed 200mg)
* Vitamin E (400 IU daily)
* Fish oils
* Omega-3 Fatty Acids
* Evening Primrose Oil Capsules
* Flax Seed Oil
* Magnesium (for cramping)

**Potassium**

* 2 teaspoons apple cider vinegar
* Bananas
* Oranges

**Tonic Water (Quinine)**

* Drink one glass in the evening and any time cramping occurs

**Amino Acids (obtain at health food stores)**

* Take 1-2 hours before or after meals

**Acetyl L-Carnitine**

* 500 mg twice per day with food
* Can take up to 2,000 mg per day

**Alpha-Lipoic Acid**

* 300-1,000 mg per day with food

**Medications (Discuss with your Primary Care Doctor)**

* Neurontin/Gabapentin
	+ Start with 100 mg 3 times per day
	+ Gradually increase to 600 mg three times per day
	+ Can dose as high as 2,700 mg per day total dose with physician permission
	+ Not to be used in high doses with kidney dysfunction
* Elavil (Amitriptyline): 25-50 mg at bedtime
* Cymbalta: 60 mg at bedtime
* Celebrex (COX-II prostaglandin inhibitors): 100-200 mg daily (only with physician permission)
* Lidoderm Patch 5%: 1 ½ patches to each area of pain, change every 12 hours