

## SUPPLEMENTS QUICK REFERENCE

SUPPLEMENT	WHAT IT HELPS WITH	WHEN TO TAKE IT
Alpha-Lipoic Acid (ALA)	Nerve pain, tingling, burning, blood sugar support	With food (lunch or dinner)
Acetyl-L-Carnitine	Nerve repair, energy, leg strength	Morning, on an empty stomach
Omega-3 (Fish Oil)	Nerve inflammation, brain and heart health	With meals (lunch or dinner)
Vitamin B12	Numbness, fatigue, balance problems	Morning, with or without food
B-Complex (B1/B6/B12)	Nerve health, energy, mood	With breakfast or lunch
Magnesium	Nerve calming, muscle cramps, sleep support	Evening, with or without food
Curcumin (Turmeric)	Natural inflammation support, joint pain	With food and healthy fat
Vitamin D3	Immune and nerve function, mood	Morning or midday, with food
Zinc	Immune support, healing, insulin sensitivity	With food, but not with iron
Probiotic	Gut health, digestion, nutrient absorption	First thing in the morning