



General Supplementation for Neuron Health

- Alpha Lipoic Acid 200-300mg daily
- Magnesium 100% Rda
- Vitamin D3 100% Rda
- DHA rich Omega 3 100% Rda
- Pure EPA 1000 mg daily
- Ubiquinol 100% Rda (which is active form of CoQ10)

Or

- CoQ10 with Zinc at 100% Rda

Follow a low GI diet by avoiding blood sugar spikes in general diet.

Supplements to be taken for 6 weeks initially.