



**Weill Cornell
Medicine**

**New York-Presbyterian
Weill Cornell Medical Center**

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SUPPLEMENTS RECOMMENDED FOR NERVE REGENERATION AND NEUROPATHY:

Alpha Lipoic Acid – 500mg/day

B-Vitamins – high quality B complex multivitamin

Turmeric – at least 1000mg/day

Omega-3 Fatty Acids – 2 to 3 g of high quality fish oil per day with meals
(resource [www.Inflammation Solutions.com](http://www.InflammationSolutions.com))

NOTE: if you are considering using any of the above supplements please be sure to inform your primary care provider before initiation to make sure there are no medical contraindications with any health conditions or current medications