

BEST VITAMINS AND MINERALS OF 2020

In our Research and Education Projects we constantly monitor “what is,” and “what isn’t” working. Persons who have Intractable Pain Syndrome (IPS) report results to us so that we can pass on the “best information to date” on what is helping.

Two vitamins and one mineral have been reported to be “head and shoulders above the rest” in 2020, vitamins C and B-12, and the mineral magnesium L-threonate.

WHAT MAKES A GOOD VITAMIN OR MINERAL?

- #1. All vitamins, minerals, and medications for IPS must cross the blood-brain barrier and enter spinal fluid.
- #2. It must fit in one of the 3 medical components necessary to treat IPS.
 - a. Inflammation reduction
 - b. Tissue repair
 - c. Pain control

1. VITAMIN C

MEDICAL COMPONENTS

- a. Tissue Repair
- b. Inflammation Reduction

Dosage-oral- 2,000 to 3,000 mg. a day

2. VITAMIN B-12

MEDICAL COMPONENTS

Tissue Repair

Dosage-oral-or oral sublingual 500-1000 mcg. a day

3. MAGNESIUM L-THREONATE

MEDICAL COMPONENTS

- a. Inflammation Reduction
- b. Pain Control

Dosage-oral as labeled



Remember the 3 components:
1. Inflammation Reduction
2. Tissue Repair
3. Pain Control

RESOLVED!
Improve my treatment program in 2021!



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