

Daily Medication and CAM Supplement Strategy for Treating Parkinson's (PD)# (Updated 20 MAY 2023 by Frank C. Church, PhD)

#Please note that these views and opinions expressed here are my own. Content presented here is not meant as medical advice. Please consult with your movement disorder physician before taking any type of supplements or beginning a new exercise program. All these substances were presented, described, and discussed with my Neurologist before beginning their use in my treatment strategy. Remember, I am just a retired academic scientist who reads a lot of information about treating Parkinson's. Abbreviations used; CAM = Complementary and Alternative Medicine; OTC = Over-the-counter.

Therapy category [#]	Compound (natural product or pharmaceutical)	Amount taken and frequency	Suggested role either in treating PD or in slowing PD progression	Brand and Source (given in URL)
Medical (Prescription)	Carbidopa-Levodopa IR (generic for Sinemet) *IR = immediate release	25 mg/100 mg tablet x 10-12 tablets/day (4-5 hr intervals, 2.5, 2.5, 2.5, 2.5, and 2 tablets, respectively.)	Levodopa is the precursor to dopamine and Carbidopa is an inhibitor to help prevent peripheral breakdown of Levodopa	Teva generic brand of IR carbidopa-levodopa
Medical (Prescription)	Neupro patch (Rotigotine dopamine agonist transdermal patch)	6 mg patch/day, apply in morning	Replaces dopamine	Alternate left and right shoulder
Medical (Prescription)	Entacapone (COMT inhibitor)	200 mg tablet, take with first 3 doses of carbidopa/levodopa	Prolongs levodopa half-life in peripheral tissue	Ajanta manufacturer
CAM (OTC) Started with powder for first 3 months	#Palmitoylethanolamine (PEA), ultramicro-sized powder	½ teaspoon (~800 mg) in apple sauce or peanut butter, morning and night	Reduces neuroinflammation, supports pain relief, and possibly neuroregenerative	Elevations Terpenes obtained from Amazon.com https://amzn.to/3zbjs4j

CAM (OTC) Alternative to powder (taking capsules only now)	*Palmitoylethanolamine (PEA), micronized capsule	1 capsule (400 mg), morning	Reduces neuroinflammation, supports pain relief, and possibly to promote neuro-regeneration	Nootropics Depot Palmitoylethanolamide Capsules (Amazon.com) https://amzn.to/3m1jPLg
CAM (OTC)	*Palmitoylethanolamine (PEA), micronized capsule + Luteolin (315 mg PEA and 15 mg luteolin) + Luteolin (50 mg)	1 capsule (315 mg PEA), 1 cap Luteolin, night	PEA supports pain relief, promotes healing, and possibly neuroregenerative. Anti-inflammatory property of luteolin.	X Gold Health (Amazon.com) https://amzn.to/3zeHrQe Double Wood (Amazon.com) https://amzn.to/3ZKuhpD
CAM (OTC) Take with vitamin B ₁	Magnesium L-Threonate	500 mg capsule, morning, and night	Supports brain/nerve health	Teraputics for Life, Amazon.com https://amzn.to/31S9Xt1
CAM (OTC) Take with Mg Threonate	Vitamin B ₁ (Thiamin HCl)	100 mg capsule, morning, and night	Supports brain/nerve health	Swanson (100 mg, thiamin HCl, Amazon.com https://amzn.to/3ku8P5f
CAM (OTC)	Taurine	500 mg capsule, daily	Neuroprotective and supports brain/nerve health	NOW Supplements, Amazon.com https://amzn.to/2morcxS
CAM (OTC)	Vitamin D ₃	5000 IU capsule, daily	Anti-inflammatory and supports brain/nerve health	NOW Supplements, Amazon.com https://amzn.to/2m6Ddal
CAM (OTC)	Vitamin C	500 mg chew-able tablet, daily	Anti-inflammatory and supports brain/nerve health	Kirkland Vitamin C, Tangy Orange chewable tablet, Amazon.com https://amzn.to/3oik2H5
CAM (OTC)	Vitamin B ₁₂	1 sublingual tablet, 12,500 mcg, daily	Low levels can worsen some symptoms of Parkinson's	Kirkland Signature, Costco https://bit.ly/3ogVORB

CAM (OTC)	Melatonin (8-10 mg tablet)	1 tablet, evening	Treat insomnia in Parkinson's	Natrol, Amazon.com https://amzn.to/3O6vHFt
CAM (OTC)	Probiotic Complex with 20 strains of probiotic bacteria (50 Billion CFU)	1 capsule, morning	Bacteria to lower the pro-inflammatory signals in GI tract and brain	NewRhythm, Amazon.com https://amzn.to/3CRnoq4
*CAM (TC)	Sulforaphane (Activated and Stabilized)	1 capsule (20 mg), morning	Anti-oxidant and anti-inflammatory activity, and may support dopaminergic neuron survival	Double Wood Supplement Amazon.com < https://amzn.to/3KhKaye >
^CAM (OTC) Take with GLY	N-Acetyl-Cysteine (NAC)	600 mg capsule, daily	Building block to glutathione. Antioxidant and neuro-protective	NOW Supplements, Amazon.com https://amzn.to/2muxRpP or Viitacost https://bit.ly/2mrECZn
^CAM (OTC) Take with NAC	Glycine (GLY)	500 mg capsule, daily	Building block to glutathione. Antioxidant and neuro-protective	Double Woods, Amazon.com https://amzn.to/3wznKjr
^CAM (OTC) Take with ALC	Acetyl L-Carnitine (ALC)	500 mg capsule, daily	Anti-aging, anti-oxidative	Double Wood Supplements, https://amzn.to/3bZ4m5W
^CAM (OTC) Take with ALC	Alpha Lipoic Acid (ALA)	600 mg capsule, daily	Anti-aging, anti-oxidative	Superior Labs, Amazon.com https://amzn.to/3ogJRrb
+CAM (OTC)	Ashwagandha	650 mg capsule, daily	Reduces stress/anxiety, increase cognition	NutriRise, Amazon.com https://amzn.to/2IZzLYR

*Please read the blog post related to PEA to understand the dosing strategy.

*Trying Sulforaphane, an anti-inflammatory product for 3-4 months, thus, I am not currently taking ^NAC, ^GLY, ^ALC, and ^ALA.

+I have stopped taking Ashwagandha until I better understand its immunoregulatory properties.