

Daily Medication and CAM Supplement Strategy for Treating Parkinson's (PD)#

(Updated 29 DEC 2024 by Frank C. Church, PhD)

#Please note that these views and opinions expressed here are my own. The content presented here is not meant as medical advice. Consult with your movement disorder physician before taking any type of supplements or beginning a new exercise program. Abbreviations used: CAM = Complementary and Alternative Medicine; OTC = Over-the-counter. The focus of some substances is highlighted by color: anti-Parkinsonism (green); anti-neuroinflammatory/anti-oxidative/anti-aging (red); assist in sleeping better/longer (brown); and vitamins (purple).

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 12 tablets/day (4 hr intervals, 2.5, 2.5, 2.5, 2.5, and 2, 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 (rotigotine dopamine agonist transdermal patch)	6 mg patch/day, in the morning	Replaces dopamine	Alternate left and right shoulder
OTC, take in the morning	CDP Choline (Citicoline)	500 mg capsule/day	improvement in rigidity, akinesia, tremor, handwriting, and speech. Citicoline allowed effective reduction of levodopa by up to 50%.	Nature Bell obtained from Amaon.com https://shorturl.at/S1VQz
OTC	Palmitoylethanolamine (PEA), ultra-micronized powder	~400 mg (0.5 tsp) under the tongue in the <u>morning</u>	Reduces neuroinflammation, supports pain relief, and neuroregeneration	Elevation Terpenes obtained from Amazon.com https://amzn.to/3zbjs4j

OTC, take at same time as PEA powder	Taurine	500 mg capsule, daily, in the morning	Neuroprotective and supports brain/nerve health	NOW Supplements, Amazon.com https://amzn.to/2morcxS
OTC, take same time as PEA powder	Acetyl L-Carnitine (ALC) Take with ALA and PEA	500 mg capsule, in the morning	Anti-aging, anti-oxidative	Double Wood Supplements, https://amzn.to/3bZ4m5W
OTC, take same time as PEA powder	Alpha Lipoic Acid (ALA) Take with ALC and PEA	600 mg capsule, in the morning	Anti-aging, anti-oxidative	Superior Labs, Amazon.com https://amzn.to/3ogJRrb
CAM/OTC	Palmitoylethanolamine micronized capsule (PEA) (300 mg) with turmeric/curcumin (500 mg).	1 cap (315 mg PEA), 1 cap Luteolin, both in the evening	PEA supports pain relief, promotes healing, and possibly neuroregenerative. Anti-inflammatory property of turmeric/curcumin. Use of PEA and luteolin noted in patents for PEA	X Gold Health (Amazon.com) https://amzn.to/3zeHrQe X Gold Health (Amazon.com) https://rb.gy/9lc42x Double Wood (Amazon.com) https://amzn.to/3ZKuhpD
CAM	Ceylon Cinnamon (Capsules)	1 capsule (385 mg) in the morning	Anti-inflammatory, neuroprotective, and neurotropic factor	Pure Organic Ingredients (obtained from Amazon.com) https://amzn.to/3eZpJZW
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
OTC Take with NAC	Glycine (GLY)	500 mg capsule, daily	Building block to glutathione. Antioxidant and neuro-protective	Double Woods, Amazon.com https://amzo/3wznKjr
CAM (50 Billion CFU of bacteria)	Probiotic Complex with 20 strains of probiotic bacteria	1 capsule, in the morning	Bacteria to lower the pro-inflammatory signals in GI tract and brain	NewRhythm, Amazon.com https://amzn.to/3CRnoq4

OTC	Melatonin (5 mg tablet) Melatonin (3 mg capsule, which is slow-released)	1 tablet of each at <u>night (*30-60 min before sleep)</u>	Treat insomnia, which is common in Parkinson's	Natrol, Amazon.com https://amzn.to/3O6vHFt Pure Encapsulations, obtained from Amazon.com: https://shorturl.at/6UHjf
OTC	Apigenin (50 mg capsule)	1 capsule at <u>night*</u>	A flavonoid that is used for enabling sleep and stress reduction.	Double Wood Supplements, Amazon.com https://rb.gy/oy5lj5
OTC Take at night	Magnesium L-Threonate (Magtein)	500 mg capsule	Supports brain/nerve health, and can reduce insomnia	Terapeutics for Life, Amazon.com https://amzn.to/31S9Xt1
OTC B Vitamin-Complex	Thiamin (150%), Riboflavin (150%), Pyridoxine (150%), Folate (150%), Methylcobalamin (15000%), Biotin (1500%), Pantothenic acid (1500%),	1 tablet per day, in the morning	Supports brain/nerve health	EZ Melts Dissolvable Vitamin B-Complex Table, Amazon.com https://rb.gy/c76r19
OTC	Vitamin D ₃	5000 IU capsule, daily, in the morning	Anti-inflammatory and supports brain/nerve health	NOW Supplements, Amazon.com https://amzn.to/2m6Ddal
CAM	<u>Ashwagandha not currently taking</u>	650 mg capsule, daily	Reduces stress/anxiety, increase cognition	NutriRise, Amazon.com https://amzn.to/2lZzLYR
Glutathione	Currently reading about this supplement and thinking of trying it.			
NAD+	Currently reading about this supplement and thinking of trying it.			
UDCA/TUDCA	Currently reading about this supplement and thinking of trying it.			

