

Supplements, in combination with the dietary strategies described in the Best Bet Diet document, can help to substantially reduce inflammation in the central nervous system and to strengthen the veins of the brain.

A variety of supplements are listed below and they are important for ensuring all the functions of the body work as well as possible in combination with their specific effects on the MS disease process. The scientific evidence supporting the benefit of these supplements is strong.

CRITICALLY IMPORTANT

Vitamin D3	8000 -10,000 IU. This dosage is completely safe and is best from pills or drops.
Omega 3 essential fatty acids	5 grams of EPA +DHA. This is best gotten from fish oil such as salmon oil or cod liver oil. A fish oil capsule in most cases contains only .3 grams EPA + DHA and thus at least 15 capsules would be needed. A much easier and faster way to get 5 g of DHA + EPA is to use 2 tablespoons of Carlson lemon-flavoured cod liver oil. This brand is good because such a dosage contains 5000 IU of vitamin A which is the ideal amount. The addition of 1 tablespoon of flax oil can be of value because it contains alpha linolenic acid, a precursor to EPA and DHA.
Calcium	800 - 1000 mg
Magnesium	500 - 600 mg
Probiotics	6-9 capsules a day

VITAMINS

Vitamin A	5000 IU Do not exceed this amount as high doses can counter the beneficial effects of vitamin D. This amount can be easily consumed in conjunction with omega 3 EFA by using Carlson lemon-flavoured cod liver oil.
Vitamin B Complex	100 mg
Vitamin B12	1-2 mg (1000 - 2000 mcg)
Vitamin C	1 g
Vitamin E (natural)	200 IU

MINERALS

Zinc	20-30 mg
Copper	1-2 mg
Selenium	100 mcg
Manganese	20 mg
Iodine	300 mcg

ANTIOXIDANTS

These can be expensive and only one or two would be needed if lots of berries and vegetables are consumed.

Grape Seed Extract	2-4 capsules
Ginkgo Biloba	120 mg
Alpha Lipoic Acid	1200 mg
Coenzyme Q10	100 mg
EGCG Max (epigallocatechin-3-gallate)	2 capsules (700 mg each)
Quercetin	400 mg
Bromelain	400 mg