




## Post-Concussion Injury Vitamin Regimen

A vitamin therapy regimen is recommended to aid with the symptoms and recovery from a concussion injury. Vitamins can be found over the counter at most grocery/drug/vitamin stores. Consult with your sports medicine physician before starting any of the following.\*

To help improve **COGNITIVE** function:

- Fish oil/Omega 3** 1000mg 2 tabs TWICE DAILY → **OrthOmega 2 tabs TWICE DAILY**
- Zinc** 30mg ONCE DAILY
- Ginkgo Biloba 120mg** TWICE DAILY

To help reduce **HEADACHES**:

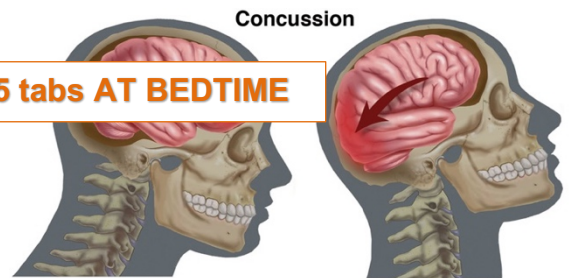
- Coenzyme Q10** 150mg TWICE DAILY
  - Riboflavin/Vitamin B2** 400mg ONCE DAILY or 200mg TWICE DAILY
  - Magnesium oxide** 250mg TWICE DAILY
  - Butterbur extract** 75mg TWICE DAILY or 50mg 3x/day
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- Migratone 2 tabs TWICE DAILY**

To help with **INSOMNIA**:

- Melatonin 3-5mg** AT BEDTIME → **Melatonin 3-5 tabs AT BEDTIME**

To decrease symptoms of **DEPRESSION** and/or **ANXIETY**:

- St. John's Wort 300-1200mg** ONCE DAILY



To help with **INFLAMMATION** and **GENERAL CONCUSSION HEALING**:

- Alpha Lipoic Acid 300mg** TWICE DAILY
- N-Acetyl Cysteine (NAC) 1200mg** TWICE DAILY
- Curcumin/Turmeric 500mg** TWICE DAILY → **Mitocore 4 tabs TWICE DAILY**
- Curcumin/Turmeric 500mg** TWICE DAILY → **Traumeric 1 tab TWICE DAILY**

\*Athletes weighing less than 115 pounds should take half the dosage recommended above

\*Evidence is evolving regarding the use of vitamin supplements. These recommendations are based on our own experiences with post-concussion injury.