



## 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
- Zinc** 30mg ONCE DAILY
- Ginkgo Biloba 120mg** TWICE DAILY

**OrthOmega 2 tabs 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



**Migratone 2 tabs TWICE DAILY**

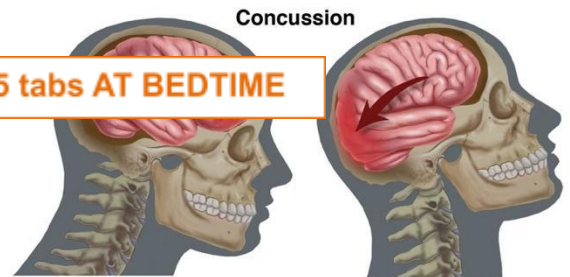
To help with **INSOMNIA**:

- Melatonin 3-5mg** AT BEDTIME

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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**

**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.

Handout developed by Zara N. Siddiq, OMSIV, December 2014. Updated March 2021