

NEUROPATHY SUPPORT & NERVE HEALTH

The following dose ranges are provided for general educational purposes only. Individual needs vary. Always discuss supplement use with your healthcare provider.

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ALPHA-LIPOIC ACID (ALA)

300–600 mg daily

VITAMIN B-COMPLEX

Vitamin B1 (Thiamine or Benfotiamine)

100–300 mg daily

Vitamin B6 (Pyridoxine or P-5-P)

10–50 mg daily

Vitamin B12

500–1,000 mcg daily

Vitamin D3

1,000–5,000 IU daily

ACETYL-L-CARNITINE

500–2,000 mg daily

OMEGA-3 FATTY ACIDS

1,000–2,000 mg daily

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NEUROPATHY



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Neuropathy Quiz



SUPPORT OPTIONS MAY INCLUDE:

- Oral nutritional supplements
- Combination nutrient formulas
- Lifestyle and dietary guidance
- Coordination with medical evaluation and treatment

Nutritional supplements are not intended to diagnose, treat, cure, or prevent disease. The information provided is for educational purposes only and should be discussed with a qualified healthcare provider.



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