

Nerve Recovery Max

Resources

Alpha Lipoic Acid (Thioctic Acid)

Nikolaos Papanas & Dan Ziegler (2014) Efficacy of α -lipoic acid in diabetic neuropathy, *Expert Opinion on Pharmacotherapy*, 15:18, 2721-2731, DOI: 10.1517/14656566.2014.972935

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Acetyl-L-carnitine (ALCAR)

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Sima AA, Calvani M, Mehra M, Amato A; Acetyl-L-Carnitine Study Group. Acetyl-L-carnitine improves pain, nerve regeneration, and vibratory perception in patients with chronic diabetic neuropathy: an analysis of two randomized placebo-controlled trials. *Diabetes Care.* 2005 Jan;28(1):89-94. doi: 10.2337/diacare.28.1.89. PMID: 15616239.

Benfotiamine

Alin Stirban, Monica Negrean, Bernd Stratmann, Thomas Gawlowski, Tina Horstmann, Christian Gotting, Knut Kleesiek, Michaela Mueller-Roesel, Theodor Koschinsky, Jaime Uribarri, Helen Vlassara, Diethelm Tschoepe; Benfotiamine Prevents Macro- and Microvascular Endothelial Dysfunction and Oxidative Stress Following a Meal Rich in Advanced Glycation End Products in Individuals With Type 2 Diabetes. *Diabetes Care* 1 September 2006; 29 (9): 2064–2071. <https://doi.org/10.2337/dc06-0531>

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Vitamin B12 (Methylcobalamin)

Wu F, Xu K, Liu L, Zhang K, Xia L, Zhang M, Teng C, Tong H, He Y, Xue Y, Zhang H, Chen D, Hu A. Vitamin B12 Enhances Nerve Repair and Improves Functional Recovery After Traumatic Brain Injury by Inhibiting ER Stress-Induced Neuron Injury. Front Pharmacol. 2019 Apr 24;10:406. doi: 10.3389/fphar.2019.00406. Erratum in: Front Pharmacol. 2021 Apr 12;12:598335. PMID: 31105562; PMCID: PMC6491933.

Vitamin B6 (Pyridoxine)

Baltrusch S. The Role of Neurotropic B Vitamins in Nerve Regeneration. Biomed Res Int. 2021 Jul 13;2021:9968228. doi: 10.1155/2021/9968228. PMID: 34337067; PMCID: PMC8294980.

Turmeric Root Powder

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Vitamin D

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Ashwagandha

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Broccoli Powder (*Brassica oleracea*)

Vornoli A, Vizzarri F, Della Croce CM, Grande T, Palazzo M, Árvay J, Pucci L, Gabriele M, Matteucci M, Paolini M, Longo V, Pozzo L. The hypolipidemic, anti-inflammatory and antioxidant effect of Kavoli® aqueous extract, a mixture of *Brassica oleracea* leaves, in a rat model of NAFLD. *Food Chem Toxicol.* 2022 Sep;167:113261. doi: 10.1016/j.fct.2022.113261. Epub 2022 Jul 3. PMID: 35787436.

Foods, Toxins & Nerve Issues

Zeliger HI. Exposure to lipophilic chemicals as a cause of neurological impairments, neurodevelopmental disorders and neurodegenerative diseases. *Interdiscip Toxicol.* 2013 Sep;6(3):103-10. doi: 10.2478/intox-2013-0018. PMID: 24678247; PMCID: PMC3967436.

Kharrazian, D., and Vojdani, A. (2017) Correlation between antibodies to bisphenol A, its target enzyme protein disulfide isomerase and antibodies to neuron-specific antigens. *J. Appl. Toxicol.*, 37: 479– 484. doi: 10.1002/jat.3383.

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<https://www.nutritruth.org/single-post/6-worst-cooking-oils-catastrophic-to-your-health>

Nerve Growth Factor

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