

In A Nutshell
March 2022

Vitamins and Supplements

Here is an interesting list of vitamins and supplements that might have an effect on people with MS.

St. John's wort: It can help to calm inflammation, something many MSers dread.

Vitamin D3: It's been proven that low blood levels of vitamin D can increase susceptibility to MS and contribute to a more severe disease state. Studies have also found that taking this supplement can help to ease MS symptoms. So, what's not to like?

Flaxseed oil: A [rodent study](#) on neonatal hypoxic-ischemic encephalopathy found that flaxseed mitigates brain mass loss, improving motor hyperactivity and spatial memory. Perhaps it can offer similar benefits for MS patients.

Taurine: There's evidence that suggests this natural metabolite might help with remyelination. It's also one of the main ingredients in energy drinks, so at the very least, maybe it can keep us awake

Turmeric/curcumin: An [article](#) published in the journal *Neurological Sciences* noted that, "Studies have reported curcumin as a potent anti-inflammatory, antioxidant agent that could modulate cell cycle regulatory proteins, enzymes, cytokines, and transcription factors in CNS-related disorders including MS."

Kombucha and, recently, **vegan kefir:** There's been increasing interest in how our gut microbiome may affect our brain. Both of these drinks (there's also plenty of fermented milk kefir products out there) have billions more microbes in them than regular probiotic ones. This may help to lower inflammation levels.

Vitamin B12: It's a vitamin often found in meat and fish. with progressive forms of MS.

N-acetylglucosamine: Levels of this simple amino sugar are often low in people

Ursolic acid: This compound, found in some fruit peels, was found to [aid myelin repair](#) in a mouse model. The supplement has become increasingly available because it's used by many bodybuilders.

Vitamin C: It seems to be able to conquer chronic urinary tract infections.

Lion's mane: The extract is derived from the mushroom of the same name. There's no solid research about its effects on MS patients, but it's believed to have many health benefits, including nerve cell repair.

Lipoic acid: This antioxidant has been shown to slow brain atrophy in secondary progressive MS patients. Clinical studies are ongoing.

Trehalose: This sugar molecule helped to clear myelin debris in a mouse model.

[The MS Supplements of Mice and Men - Multiple Sclerosis News Today](#)

Just For Fun

Look in your medicine cabinet to see how many of the above you are taking.

I checked Amazon and here are a few that interested me:

Taurine-Nutricost Taurine Powder 500 SERVINGS \$22.95

Kombucha-Trio Nirvana Kombucha 30 tablets \$19.95

Ursolic acid-Nutricost Ursolic Acid 300 mg 120 capsule \$15.95

Lipoic acid-Now Alpha Lipoic Acid 600mg 120 capsule \$24.03