

Multiple Sclerosis is a slowly progressive CNS disease characterized by disseminated patches of demyelination in the brain and spinal cord, resulting in multiple and varied neurologic symptoms and signs, usually with remissions and exacerbations. The cause is unknown but an immunologic abnormality is suspected.

Increased Vitamin D3 intake may reduce the risk of developing MS, according to a recent Harvard Study "White adults in the highest quintile of serum Vitamin D3 levels had a 62% lower risk of developing MS"

To help slow the progression the following supplementation is recommended:

Vitamin D 3 capsules 1000 IU up to 5 daily

Vitamin D 3 Cream ¼ teaspoon up to 3 times daily

Lecithin capsules 1200 mg up to 6 daily

Mega-Vitamin Kit One of each daily

FISHOL E.C. (Omega-3) Two capsules three times daily

Zinc Slow Release 25 mg One every 8 hours

Vitamin B 12 sublingual 5000 mcg daily

R (+) Lipoic acid Slow Release 100 mg three times daily

Phosphatidyl Serine 100 mg three times daily

Carnosine E.C. 400 mg capsules. One three times daily