Selenium
Deficiency is linked to fibromyalgia; in one trial, symptoms improved in 95% of patients supplemented with selenium for at least 4 weeks.25,26,27

Magnesium
Involved in pain perception pathways and muscle contraction; Treatment with magnesium can improve tenderness and pain.23,24,25

Zinc
Blood levels of zinc are associated with a number of tender points in fibromyalgia patients.22

Antioxidants
Low antioxidant status increases pain in fibromyalgia, which is often considered an oxidative stress disorder.19,20,21

Coenzyme Q10
Clinical trials consistently show that CoQ10 reduces fibromyalgia symptoms such as pain and fatigue.12,3,4

Carnitine
Deficiency causes muscle pain due to inefficient cellular energy metabolism (mitochondrial myopathy) which presents as fibromyalgia.4,5

Choline & Inositol
Altered levels of both nutrients seen in fibromyalgia; Choline & inositol are involved in pain perception.6,7,8,9

Serine
Blood levels of this amino acid are much lower in fibromyalgia patients.10,11

Vitamin B1
Thiamin (B1) deficiency mimics fibromyalgia symptoms including serotonin depletion (decreased pain threshold), a decrease in repair enzymes (muscle soreness) and poor energy production (muscle fatigue).17,18

Vitamin D
Low levels impair neuromuscular function and cause muscle pain; Deficiency is common in fibromyalgia patients.12,13,14,15,16
REFERENCES


