

# LYME DISEASE NUTRITIONAL SUPPLEMENTS

Lyme disease is a complicated illness that is not always easy to treat, particularly when it has gone undetected for several years. While the proper course of antibiotics may kill the *Borrelia* spirochetes, they don't heal the damage already inflicted on the body of the Lyme patient. In fact, antibiotics add to the problem because as they kill the *Borrelia*, they also destroy the body's good bacteria. As a result, in addition to systemic bacterial infection, Lyme patients generally have a weakened immune system and widespread cellular damage. This is why in addition to antibiotic therapy, many of the top Lyme experts recommend a variety of supplements to rebuild and support the overall health of their Lyme patients. The following chart is a compilation often recommended by Lyme experts. Pharmaceutical Grade/Bioavailable-Absorption Matters!

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**Probiotics** Encourages growth of good bacteria. Probiotics are especially important when taking antibiotics because they help to replenish the good bacteria killed off by the antibiotics.

**Digestive Enzymes with Probiotics**

**COQ10** Protects brain and nervous system, improves cellular function and boosts energy. WARNING: Do not use while taking the anti-Babesia drug atovaquone (Mepron, Malarone) because CoQ10 interferes with the action of the medication.

**B-Complex** Supports cellular function, helps fight infection, improves neurological health, immune function and energy.

**Magnesium** muscles, cramps, twitches, weakness, energy & cognition, helps regulate blood pressure. *Take with calcium at night to help sleep.*

**Omega 3 Fish Oil** Lessens inflammation, supports cellular and neurological/cognitive function, helps with depression & exhaustion

**Vitamin C** Aids in maintaining healthy connective tissues, boosts immunity and helps with inflammation

**Vitamin D3 with K2** Can help reduce pain and body aches and supports immune and plays a role in regulating inflammation

**Vitamin A** Supports bone growth, cell differentiation, healthy eyesight, proper gastrointestinal and respiratory function, and tissue repair; helps improve immune function and fight infectious disease.

**OPC** Powerful antioxidants, combats free radicals, anti-inflammatory, promotes joint health, strengthens capillaries, arteries and veins, supports visual health and healthy platelet activity

**Multivitamin** micronutrient foundation to accompany a balanced diet, supplements dietary deficiencies, mental clarity, healthy thyroid

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