

## Products We Love for Parkinson's Disease

### Supplements to Consider for Parkinson's Disease:

- **Glutathione liposomal** (Apex Trizonal or Designs for Health)
- **High DHA** 1 grams daily (Pharmax Liquid, Apex DHA)
- **Vitamin B12 Methyl B12** (Protocol, Klaire)
- **Turmeric/curcumin** (Integrative Therapeutic or Apex Tumero)
- **Citicoline** (Jarrow, Vital Nutrients)
- **Lactobacillus plantarum PS128 (PS128)** is a specific probiotic, known as a psychobiotic, which has been demonstrated to alleviate motor deficits and inhibit neurodegenerative processes in Parkinson's disease (PD)-model mice.
- **SPM ACTIVE** (Metagenics) and **SPM SUPREME** (Designs for Health)-- resolve the cytokine storm.

### Support for Mitochondrial Function & Energy:

- **Coenzyme, CoQ, Ubiquinol** (100-300 mg, daily)
- **PQQ, Pyrroloquinoline Quinone** (10 mg, 1- 2 times, daily)
- **NAD+, Nicotinamide Adenine Dinucleotide**, is a critical energy source
- **Nicotinamide Riboside** (200-300 mg, daily) increases NAD+
- **ALCAR** (500 mg)
- **Nicotinamide Riboside** (200-300 mg, daily)
- **Creatine** (200-500 mg, daily)