

Fibromyalgia Supplement Reference Chart

Natural Support for Pain, Energy, and Wellness

Supplement	Best For	Key Benefits	Recommended Product	Tips
Magnesium	Muscle pain, sleep issues	Reduces muscle tension, improves sleep, supports mood	Nature Made Magnesium Oxide 250 mg	Use magnesium lotions or Epsom salt baths for localized relief.
Vitamin D	Chronic pain, fatigue	Reduces inflammation, boosts mood and immune function	Nature's Way Vitamin D3 2000 IU	Spend 10-15 minutes in sunlight daily.
Omega-3 Fatty Acids	Inflammation, joint pain	Reduces joint stiffness, supports heart and brain health	Viva Naturals Omega-3 Fish Oil	Add fatty fish like salmon to your diet.
CoQ10	Fatigue, low energy	Boosts cellular energy, reduces oxidative stress	Qunol Ultra CoQ10 100 mg	Take with a meal containing healthy fats.
L-Carnitine	Fatigue, mental clarity	Enhances energy, improves focus and mental clarity	NOW Foods L-Carnitine 500 mg	
Turmeric/Curcumin	Inflammation, joint pain	Reduces inflammation and pain, supports cognitive function	Turmeric Curcumin with BioPerine	Pair with black pepper for better absorption.
5-HTP	Sleep issues, mood support	Promotes restful sleep, reduces anxiety and improves mood	Natrol 5-HTP 100 mg	Combine with a calming bedtime routine.
Ashwagandha	Stress, fatigue, energy	Reduces cortisol levels, boosts energy and mental clarity	Himalaya Organic Ashwagandha	Drink as a tea in the evening to unwind.
Rhodiola Rosea	Fatigue, mental stamina	Improves energy and endurance, enhances focus and mood	NOW Foods Rhodiola Rosea 500 mg	Take in the morning for all-day energy.
SAM-e	Mood support, joint pain	Improves mood, supports joint health and reduces pain	Jarrow Formulas SAM-e 400 mg	
Probiotics	Gut health, inflammation	Improves digestion, supports immune function and reduces inflammation	Garden of Life Dr. Formulated Probiotics	Pair with prebiotic foods like bananas and oats.
Alpha-Lipoic Acid	Nerve pain, inflammation	Reduces nerve pain and inflammation, enhances antioxidant activity	Doctor's Best Alpha-Lipoic Acid	
CBD	Pain, sleep, anxiety	Alleviates chronic pain, promotes restful sleep, reduces stress	Charlotte's Web CBD	Start with a low dose and increase gradually.
Boswellia	Inflammation, joint pain	Reduces inflammation and stiffness, supports joint mobility	Boswellia Serrata Extract Capsules	Pair with turmeric for enhanced effects.
Melatonin	Sleep disturbances	Improves sleep quality, regulates sleep-wake cycles	Natrol Melatonin Fast Dissolve Tablets	Use sparingly to avoid dependence.
Vitamin B Complex	Fatigue, brain fog	Boosts energy, supports nerve health and mental clarity	Garden of Life Vitamin B Complex	Add nutritional yeast to meals for extra B vitamins.

Tips for Using This Chart

Start Slow: Begin with 1-2 supplements that target your most pressing symptoms.

Consult Your Doctor: Always check with your healthcare provider before starting new supplements.

Track Progress: Keep a journal to monitor changes in pain, energy, and sleep.

Be Patient: Allow 4-6 weeks to see noticeable improvements.

