



*A question often asked of Dr. Rodica Janz (MD specializing in Chronic Pain) is:*

***“WHAT SUPPLEMENTS ARE  
USEFUL IN MANAGING  
CHRONIC PAIN?”***



**Vitamin D3** - 4000 units daily. We can get vitamin D from sun exposure, but for us Canadians, especially Nelsonites, we simply can't get enough through skin exposure to the sun during the fall, winter and spring months. Vitamin D helps calcium uptake into the bones and thus increases bone strength; it also increases muscle function and is helpful for pain.

**Vitamin K2** - 120 micrograms daily. This vitamin decreases the calcium buildup within the walls of our arteries, and thus re-directs the calcium away from the blood vessels into the bones where it's truly needed. Our arteries stay more flexible and less hardened as we age! Exercise, by the way, and diet also keep our arteries flexible.



**Vitamin C** - 500mg to 1000mg per day. Vitamin C is helpful in collagen healing. Collagen is widely found in our bodies, including our ligaments, tendons, bones, and even skin, among many other tissues in the body. Vitamin C is also a natural anti-inflammatory. Less inflammation means less pain!

**Vitamin B complex** – there is research that proves that vitamin B complex is helpful in neuropathic pain.

