

The Vitamin Cocktail for Mitochondrial Disease and How to Proceed



What is the vitamin cocktail?

The cocktail is a combination of several different vitamins that work together in your body to improve your energy levels. The vitamins that make up the cocktail are:

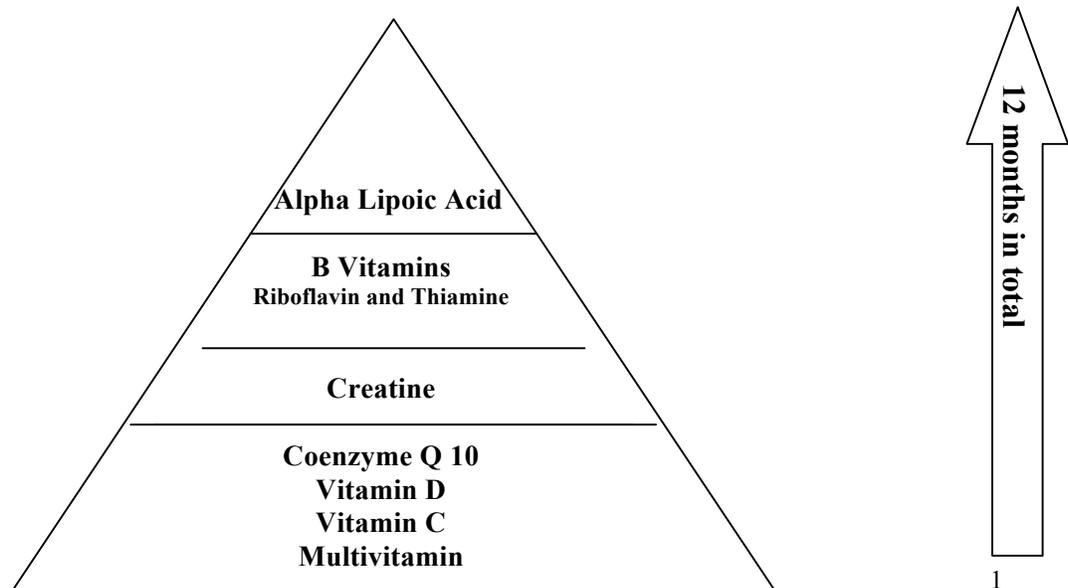
- Coenzyme Q10
- Vitamin D
- Vitamin C
- Multi-vitamin without iron
- Creatine
- Thiamine and Riboflavin (vitamins B1 and B2)
- Alpha-lipoic acid

Please see the Fact sheets on each of these vitamins for more information.

Do I start with all the vitamins at the same time?

No. Some of the vitamin supplements you may start together, but some of the vitamins we recommend you take **by itself** for a period of three months, **adding** to what is already working for you. Please see the pyramid below for instructions on how to take these vitamins.

For example, please start with Coenzyme Q10, a multivitamin without iron, vitamin D and vitamin C for 3 months. At the end of the 3-month period, you can add creatine to your “pyramid” and continue to take all these vitamins for another 3-month period. If at the end of the 3 months, you decide that you really don’t feel differently you may decide to continue or discontinue the vitamins, or to continue to add the next vitamin supplements for 3 months.



All the vitamins are not covered by health plans. This means that you have to pay for all of the vitamins and supplements. If a vitamin is not working for you, we don't want you to be spending the money on it or taking it if it is of no benefit to you. There is no hard evidence (i.e. research) that these vitamins will alter your long-term outcome with mitochondrial disease, so they are only taken for symptom control, to improve your quality of life.

People on the vitamin cocktail have suggested that Costco and The Vitamin Shop are good places to get vitamins at a reduced cost. You can also ask vitamin stores if they will give a discount for buying more than one container of vitamins at a time.

How should I keep track of whether the vitamin is helping or not?

For **each** vitamin you introduce to the cocktail, you may keep note of your most distressing symptom and how it is being affected. This may include **any** symptom but some examples are fatigue, muscle pain, and muscle weakness.

When should I add a new vitamin?

Try a vitamin for a **full three months** before adding on a new one. Call the clinic if you have questions. We suggest writing a reminder for yourself on your calendar or using an online reminder system like **Google calendar** to prompt you to start the next addition to your cocktail.

Questions?

Please call the metabolic nurse educator at 604-875-5965.