

NUTRIENTS AND SUPPLEMENTS FOR EARLY RECOVERY

The body and the brain of an individual that is relatively new to recovery is normally severely depleted of many nutrients and minerals caused by the excessive alcohol and/or drug use. It is highly important that the body and the brain be supplied the appropriate nutrients and minerals to begin to rebuild the tissues and neurotransmitters. This will improve mood, concentration, relaxation, energy, and sleep. The below charts represent the most common nutrients and supplements for those in early recovery, however always consult with your Medical Doctor before embarking on any radical dietary changes.

Nutrient	Supplement	Naturally Occurring In
5-HTP	5-Hydroxytryptophan	cheese, white meat poultry
Acetyl-L-Carnitine	ALCAR	n/a
Ascorbic Acid	Vitamin C	citrus fruits, broccoli, cabbage, brussels sprouts, melons, kiwifruit, strawberries, sweet peppers, tomatoes
Calcium	Calcium	non-fat dairy products, dark green leafy vegetables, edible bones fish, fortified foods
Cholecalciferol	Vitamin D	fortified milk, dairy products, eggs, liver, cod liver oil, fortified cereals
Cobalamin (aka: cyanocobalamin)	Vitamin B12 (in B Complex Vitamin)	eggs, meat, poultry, fish, dairy products
Docosahexaenoic acid (aka: DHA)	Fish Oil (aka: Omega-3)	oily fish
Eicosapentaenoic acid (aka: EPA)	Fish Oil (aka: Omega-3)	oily fish
Folic Acid (aka: Folate)	Vitamin M	leafy vegetables (spinach, lettuce), dried beans and peas, fortified breakfast cereals
Ginkgo	Ginkgo Biloba 24% standardized	n/a
Iron	Iron	lean red meat, cooked shrimp, chicken, turkey, spinach, kidney beans
Magnesium	Magnesium	nuts, soybeans, legumes, whole grains, seafood, dark green vegetables, cereals, bananas, milk
Nicotinamide adenine dinucleotide	NAD+ (aka: NADH)	yeast
Potassium	Potassium	fruits, vegetables, dairy products, fish, lean meats, grains, poultry
Pyridoxine	Vitamin B6 (in B Complex Vitamin)	beans, nuts, eggs, meat, fish, whole grains, fortified cereals



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Retinol (aka: Retinoic acid)	Vitamin A	eggs, fortified milk, liver, oils
Rhodiola Roseas	Golden Root, Roseroot standardized	n/a
Riboflavin	Vitamin B2 (in B Complex Vitamin)	milk, cheese, leafy green vegetables, liver, kidneys
St John's Wort	St John's Wort standardized	n/a
Thiamine	Vitamin B1	pork, liver, soybeans, peanuts, whole or enriched breads and grains
TMG	Trimethylglycine	whole wheat, spinach, shellfish, sugar beats
Tryptophan	Tryptophan	chocolate, oats, bananas, mangos, dried dates, yogurt, milk, cottage cheese, red meat, eggs, fish, poultry
Tyrosine	4-hydroxyphenylalanine	n/a
Zinc	Zinc	oysters, extra-lean meats, poultry, fish, organ meats, almonds