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Top Natural Sodium Channel Blockers:

Alpha or "R" Lipoic Acid (ALA): 600 mg once or twice daily (R-form preferred). Caution: May lower blood sugar.

Capsaicin: Topical cream (0.025% to 0.1%) or 8% patch.
Caution: Initial burning sensation.

Cannabidiol (CBD): Start at 10 to 25 mg daily. Caution: Possible interactions with other meds.

Omega-3 Fatty Acids: 1,000 to 3,000 mg combined EPA/DHA daily.
Caution: May thin blood.

Theaflavins: 300 to 500 mg extract daily or 2 to 3 cups of black tea.
Caution: Contains caffeine.

Curcumin (Turmeric): Not a sodium channel blocker, but it reduces nerve channel sensitivity. Take 500 to 1,000 mg daily with black pepper or liposomal delivery. Caution: Avoid if gallbladder issues.



Prescription Sodium Channel Blockers:

Carbamazepine (Tegretol®): For epilepsy: 100 to 400 mg twice daily


Oxcarbazepine (Trileptal®): For epilepsy: 300 to 600 mg twice daily

Lidocaine (Lidoderm®): By prescription 5% patch, up to 12 hours/day. Low doses are sold OTC.

Mexiletine: Used off-label for neuropathic pain, this anti-arrhythmic drug is dosed ~150 to 200 mg two to three times daily

Lamotrigine (Lamictal®): Start low (25 mg once daily) due to risk of rash; titrate up to 100 mg once or twice daily as tolerated.

Lacosamide (Vimpat): Used off-label for neuropathic pain. Dose 50mg twice daily and titrate upward as tolerated.

 **Disclaimer:** This handout is for informational purposes only and is not a substitute for medical advice. Always consult your physician or pharmacist before starting any new treatment.

