

Fibromyalgia Protocol

Fibromyalgia is a disorder of amplified pain processing, where the nervous system magnifies pain signals and lowers the threshold at which the body registers discomfort, producing widespread pain, deep fatigue, unrefreshing sleep, and cognitive fog. Beneath these symptoms lie disruptions of the mitochondria, neuroinflammation, HPA axis dysregulation, and a gut-brain disruption. Because the microbiome shapes inflammation, neurotransmitter production, and pain signaling, its imbalance amplifies the whole picture. This protocol calms neuroinflammation, restores cellular energy, rebalances the microbiome, and steadies the stress and sleep disruption that sustain pain.

PRODUCT	DOSING/INSTRUCTIONS
Neuro Superfood	1 scoop daily
Neuro μ Biomic	1 capsule twice daily with meals
EnerGenic	2 capsules twice daily with meals
RPM Omega	2 softgels twice daily with meals
N – Nerve	2 capsules twice daily with meals

**Unless otherwise specified, products without designated dosing times may be taken with or without food based on patient tolerance.*

- ➔ **Neuro Superfood:** Builds the microbial diversity a calibrated immune system depends on, while beta-glucans prime innate immune cells to recognize and respond to threats faster.
- ➔ **Neuro μ Biomic:** Nourishes the nervous system with prebiotics and lion's mane, supporting nerve repair and the microbial diversity that sharpens pain processing and mental clarity.
- ➔ **EnerGenic:** Restores mitochondrial ATP production, addressing the energy failure underlying fibromyalgia's fatigue, muscle pain, cognitive fog, and poor exercise tolerance.
- ➔ **RPM Omega:** Relieves pain through willow bark's salicin while EPA generates resolvins that shut down unresolved neuroinflammation, moving the nervous system from amplified pain toward repair.
- ➔ **N – Nerve:** Rebuilds frayed, hypersensitive nerves at the tissue level, supplying raw materials for repair while calming the amplified pain response and restoring steadier, more resilient nerve signaling.

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Fibromyalgia Protocol: Additional Support Products to Consider

PRODUCT	MECHANISM/FOCUS	CLINICAL CUE	WHEN TO USE
MELA 1-2 capsules twice daily on an empty stomach	Deploys systemic enzymes that restore muscle microcirculation and clear inflammatory debris, oxygenating aching tissue and easing fibromyalgia's stiffness and pain.	Deep muscle aching, morning stiffness, poor circulation, cold extremities, tender points, sluggish recovery after exertion.	Patients with widespread muscle pain and morning stiffness, exertion leaving them sore and slow to recover over the following days.
N3 - Relaxa 2 capsules 30-60 minutes before sleep	Calms the overactive nervous system into the deep, restorative sleep fibromyalgia denies, easing the unrefreshing nights that amplify next-day pain.	Non-restorative sleep despite adequate hours, next-day pain and fatigue worse after poor nights, muscle tension and restlessness disrupting rest.	Fibromyalgia flares tracking closely with poor sleep, symptoms worsening after restless nights, the sleep-pain cycle driving the overall picture.
CalmGenic 1 capsule twice daily	Steadies the stress response and lifts mood through HPA support, calming anxiety and dysregulation that intensify fibromyalgia pain.	Anxiety, low mood, HPA dysregulation, poor stress tolerance, emotional dysregulation, cortisol imbalance worsening pain and fatigue.	Patients overwhelmed and anxious, stress clearly amplifying symptoms, mood declining under chronic pain, nervous system locked in stress mode.
MethylGenic 1 capsule twice daily with meals	Builds neurotransmitters that regulate pain perception, clears neurotoxic homocysteine that fuels cognitive symptoms, and preserves telomeres linked to pain severity.	Elevated homocysteine, low serum B12 or folate, tingling or numbness in the extremities, brain fog, heightened pain sensitivity.	Patients with amplified pain sensitivity and symptoms pointing to depleted serotonin and dopamine.
MIN 1 capsule twice daily	Replenishes the magnesium fibromyalgia depletes, easing muscle pain, cramping, and tension, calming nerve excitability, and helping tight muscles release.	Low magnesium, muscle cramping, twitching, knots and tension, tender points, fatigue tracking with poor mineral status.	Symptoms flaring under stress, exertion, or heat, low dietary magnesium, or high demand from illness, activity, or medication use.

