

Neurochondria by Thorne: A Supplement for Nerve Pain Review

It's pretty safe to say that the [symptoms of neuropathy](#) and nerve pain may very well be the most complicated and difficult to manage of all health complaints. Burning, shooting, stabbing pain in seemingly unrelated parts of the body. Tingling or numbness. Unusually hot or incessantly cold. And that's just the tip of the iceberg. Symptoms are widely varied and forever changing. Relief can be very difficult to achieve.

Supplements for Nerve Pain

While research into the effectiveness of home remedies and supplements for nerve pain is in early stages and ongoing, one thing is for certain. Maintaining proper levels of nutrients necessary for nerve health is crucial. Given our typical modern diet, despite high caloric intake, industrialized nations are still undernourished.

A [recent study conducted as part of the National Health and Nutrition Examination Survey](#) indicates that vitamin deficiencies are extremely prevalent.

- 31% of U.S. children and adults have at least one vitamin deficiency or anemia.
- 95% of adults and teens have inadequate vitamin D.
- 61% of adults and 90% of teens don't get enough magnesium.
- 32% are deficient in B6.

Furthermore, we know that nerve health is dependent upon specific nutrients. In fact, a deficiency in nutrients, like

vitamin B12, can cause nerve damage. Another important B vitamin to note is vitamin B6. A deficiency in vitamin B6 may lead to nerve damage as, but too much B6 can cause nerve damage as well.

Because vitamin B6 toxicity has become too common, it is generally recommended among healthcare professionals to not supplement with B6 unless you have been tested and a deficiency is identified. With B6 included in nearly all B vitamin complexes, too many people are causing B6 toxicity with supplementing – doing more harm than good.

[The foundation of neurological health is the health of mitochondria](#) – those little cellular energy factories. So it's crucial that the body's built-in antioxidant system is able to take care of damaging free radicals that tend to be produced as waste products of the factory and of the toxicities we bombard our bodies with daily. When not adequately consumed in the diet, supplements are the next best source.

[Neurochondria by Thorne](#) appropriately combines the nutrients and antioxidants most required for nerve health, without the nutrients that may lead to toxicities like the majority of supplements on the market which are marketed for nerve damage recovery.



Related Product:

Neurochondria

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Neurochondria by Thorne Research

There has been a flood of supplements on the market in recent years. And with good reason due to the importance of their job and the lack in our diets. But one stands above the others designed specially to protect nerve tissue and promote proper nerve function. [Neurochondria by Thorne Research.](#)

Highly respected by physicians and the goto brand for Mayo Clinic and the U.S. Olympic team, Thorne Research has set themselves above all others as the brand to trust.

[Neurochondria](#) was one of the first comprehensive neurological

support formulations of its kind in the supplement market and continues to be recommended by doctors for nerve health, function and nerve pain. It combines antioxidant support along with specific nutrients crucial to nerve health.

Acetyl-L-Carnitine

- involved in nerve cell function
- involved in nerve regeneration
- studies have shown reduced pain
- increases cellular energy

CoQ10

- antioxidant
- prevents neural tissue damage from oxidative stress
- decreases inflammation
- reduces nerve damage pain
- reduces neuron loss

Folate (L-5-MTHF)

- protects from DNA damage
- promotes Schwann cell growth in nerve repair
- promotes release of nerve growth factors

Glutathione

- powerful antioxidant to clear toxicity
- helps reduce oxidative damage to neurons
- may help improve insulin resistance
- may help protect from the damage caused by diabetes

Phosphatidylserine

- vital for nerve function
- may help regulate mood
- may improve memory

R-Lipoic Acid

- reduces symptoms of nerve damage
- may improve nerve function
- protects against nerve damage
- study shows growth of nerve fibers with long-term use
- may help lower blood sugar

Vitamin B1 (Benfotiamine)

- shown to decrease nerve pain
- reduces inflammation

Vitamin B12 (Methylcobalamin)

- essential for nerve function
- needed to make DNA
- helps restore function of damaged nerves
- used in nerve cell regeneration



Related Product:

Neurochondria

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Dosage for Neurochondria

Thorne recommends taking three capsules twice a day for maximum therapeutic benefit. Many people report noticeable improvements with half the recommended dosage, just three capsules once a day. As with any supplement use for conditions such as nerve damage, several months of use may be necessary to feel the full results.

Warning: Be sure to consult with your doctor first if you are taking methotrexate.

What People are Saying about Neurochondria for Nerve Pain

In preparation for this review, we spoke to a number of people who take [Neurochondria](#) as prescribed by their doctors, especially for symptoms of neuropathy. The most common comment was that after having tried many supplements in the past, this supplement for nerve health was the first they felt a noticeable difference. Many were especially pleased by the minimal number of capsules needed for the amount of nerve health nutrients it contains. And they knew they could trust Thorne products, the most trusted supplement brand by doctors, not the other unknown brands marketed to neuropathy consumers.

Summary

While there is no magic pill for the relief of nerve pain, there is quite a bit we can do to naturally remedy symptoms associated with nerve damage. In addition to healthy lifestyle choices like an [anti-inflammatory diet](#), [movement and gentle exercise](#), [reducing environmental toxins](#), and [managing inflammatory stress](#), supplements targeting nerve health can have a significant impact towards nerve damage recovery.