



**NUTRITION**  
*for the*  
**NERVOUS  
SYSTEM**

Watch full **CMT-Connect** webinar here!  
\*Start video at 11-minute mark



**HEREDITARY  
NEUROPATHY  
FOUNDATION**

**A REFERENCE LIST  
FOR CMT PATIENTS**



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**OMEGA 3 FATTY ACIDS**

- Flaxseeds
- Chia Seeds
- Walnuts
- Salmon
- Oily Fish
- Soybean Oil
- Hemp seeds
- Spinach
- Cod Liver oil ( Vitamin A & D)
- Mackerel

**PROBIOTICS**

- Saurkraut
- Kimchi
- Tempeh
- Kefir
- Yogurt
- Miso
- Dark Chocolate
- Apple Cider  
Vinegar

**IMPORTANT NUTRIENTS**

- ALA
- Biotin
- Folate
- Magnesium (400mg if by  
supplementation)
- Antioxidants
- Beta-carotene
- Lutein
- Lycopene
- Selenium
- Vitamin A
- Vitamin C
- Vitamin E

**B12**

- Liver
- Beef
- Tuna
- Nutritional  
Yeast
- Fortified  
Cereals
- Trout
- Salmon
- Eggs

**GENERAL DIET SUGGESTIONS**

- LOW REFINED SUGAR
- LOW PROCESSED FOODS
- HIGH FIBER DIET



**Megadoses of vitamin B6 can be toxic to CMT patients along with other medications.**

[Click here for HNF's complete Neurotoxic List](#)

## RECOMMENDED SUPPLEMENTS:

### **Evening Primrose Oil** - [Click for link](#)

Provides 419 mg of omega-6 fatty acids per softgel from pure evening primrose oil—a natural source of gamma-linoleic acid (GLA). GLA is a precursor to the prostaglandin E1 series, which plays an important role in supporting cellular health. OmegaGenics Evening Primrose Oil is purity guaranteed for reliability you can trust.\*

### **Ceralin Forte** - [Click for link](#)

Formulated to provide multidimensional support for brain and nerve health by protecting against oxidative stress, as well as supporting healthy mitochondrial function, methylation, homocysteine metabolism, and circulatory function. Designed to act within the brain and nervous system, this advanced formula features L-5-MTHF (a bioactive form of folate), NAC, and acetyl-L-carnitine—which research suggests may be able to cross the blood-brain barrier—along with concentrated grape seed extract to support vascular and nerve health.\*

### **Probiotics** - [Click for link](#)

100 million CFU of patented probiotic strain *Lactobacillus salivarius* UCC118, which preclinical studies suggest may influence tight junctions between intestinal cells and may beneficially influence immune cell signaling processes.\*

### **Inflavanoid Intensive Care** - [Click for link](#)

Highly bioavailable CurQfen® (curcumin and fenugreek) and XNT ProMatrix® (xanthohumol), which may help support the body's response to oxidative stress and other stressors. It also offers boswellia and ginger extracts, which may help support the body's immune response.

### **B12/Folate with Intrinsic Factor** - [Click for link](#)

Vitamin B12 and folate in combination with intrinsic factor for enhanced absorption and utilization. These nutrients are important for healthy nervous system function and cardiovascular health.\*



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