

Suggested therapies for mild TBI

Therapy	Recommended Dosages	Mechanism of Action in TBI
Progesterone	25-50 mg transdermally or 100-200 mg orally for women 10-20 mg transdermally or 50-100 mg orally for men	<ul style="list-style-type: none">• Reduces cerebral edema• Reduces glutamate excitotoxicity• Protects mitochondria
Omega-3 Fatty Acids	3000-4000 mg/day *(dosage may need to be altered in those using blood thinning agents)	<ul style="list-style-type: none">• Reduces lipid peroxidation and maintains cell membrane integrity• Stimulates brain derived neurotrophic factor (BDNF)• Enhance production of anti-inflammatory leukotrienes
Vitamin D	5000-10,000 iu/day or dosage required to achieve 60-80 ng/ml in serum	<ul style="list-style-type: none">• May reduce IL-6• Regulates calcium flux• Modulates immune response
Curcumin	2-4 g/day of Meriva or other highly absorbable form	<ul style="list-style-type: none">• Reduces oxidative damage• Stimulates BDNF• Reduces cerebral edema• Reduces microglial activation and neuronal death