

Best Supplements for Dizziness/Vertigo

Ginko Biloba

Benefits: Ginkgo improves blood circulation by opening up blood vessels and making blood less sticky. It is also an antioxidant.

Dosage: 120-240 mg per day (can be taking in multiple doses over the day); speak to doctor as there are many potential interactions with prescription drugs.

Magnesium

Benefits: Magnesium is crucial for muscle and nerve function. Low magnesium levels are linked to vertigo and dizziness.

Dosage: 400-800 mg per day; use magnesium bis-glycinate or citrate.

Vitamin D3 and Vitamin K2

Benefits: Vitamin D3 supports immune and neurological function, and low levels are linked to increased dizziness/vertigo. Vitamin K2 works with D3 to ensure proper calcium utilization, supporting bone health and indirectly reducing risk or recurrence of dizziness/vertigo.

Dosage: 1000 IUs/day per 40lbs or 18 kg of body weight; 100-200 mcg of vitamin K2 per day; best taken with a meal containing fat for better absorption.

NOTE: Consult with a healthcare professional before starting any new supplement regimen, especially if you have existing health conditions or are taking other medications.

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