

**Supplements to Increase Energy & Decrease Fatigue (Consumer LAB's discussion follows)**

**Question:**

**Which supplements help to improve energy and decrease fatigue?**



**Answer:**

Getting adequate sleep, eating a healthy, well-balanced diet, and regular exercise are the best ways to maintain your energy. However, we all have times when we could

benefit from an energy boost. (If you are frequently tired, be sure to consult your physician about potential causes, as discussed below).

**Certain supplements may help increase energy and decrease fatigue:**

(Use the links below for more information about each supplement, including ConsumerLab's test-based reviews and *Top Picks* among marketed products.)

[CoQ10](#), which plays a role in energy production in cells, has been shown to decrease fatigue in people with conditions such as heart failure and Gulf War Illness. One small study suggested it may increase self-assessed "vitality" in older adults. (Be aware that [taking CoQ10 in the evening can cause insomnia in some people](#)).

[Curcumin](#) (from turmeric) has been shown to reduce fatigue in older men and women using a particular branded formula.

[Ashwagandha](#) may reduce fatigue in middle-aged adults with moderate to severe anxiety.

[Cocoa](#) flavanols may help reduce self-reported mental fatigue in healthy adults, according to one study.

[Ginseng](#) is a popular ingredient in supplements promoted for increasing energy and vitality. Although there is little evidence to support this effect in healthy people, there is some evidence it may increase energy in people with cancer-related fatigue.

[Carnitine](#) may help reduce fatigue in older men with symptoms of sexual dysfunction, depression and fatigue.

[B vitamins](#) are involved in the metabolism of food to release energy, and deficiency in [vitamin B-12](#) is known to cause fatigue. However, if you already get an adequate amount of the B vitamins in your diet and are not deficient in them, supplementing with additional amounts of B vitamins is not known to improve performance. Be aware that [energy drinks](#) often contain much higher doses of B vitamins than needed — sometimes amounts above tolerable limits. Energy drinks also commonly contain significant amounts of caffeine or ingredients which naturally contain caffeine such as [guarana](#) and [cola nut](#). Although caffeine does not actually provide energy, it acts as a stimulant and can reduce fatigue. Be aware that energy drinks can [increase blood pressure](#), and [stroke](#) and [liver injury](#) have been reported in people consuming certain energy drinks.

One of the early signs of [magnesium](#) deficiency is fatigue (others are weakness, loss of appetite, and nausea). Increasing magnesium intake from foods or a supplement, can reverse this.

Comment by Peter ==> Too Much magnesium can lead to diarrhea.