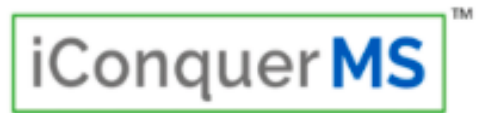


Accelerated Cure Project for MS

February
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iConquerMS™ Spotlight – Wellness and diet strategies used by REAL MS participants

[REAL MS™](#) (Research Engagement About Life with MS) is an ongoing study of MS launched by ACP through the [iConquerMS™](#) initiative two years ago. Study participants periodically complete questionnaires about their MS experience through the iConquerMS portal. In 2017 we began asking REAL MS participants which vitamins, minerals and supplements they were taking, and if they found them helpful in managing their MS and improving other aspects of their life. Data collected to date reveal some interesting differences between the most popular and the most helpful options. For example, the most popular diet choices among study participants were eating organic and gluten-free foods. While it was one of the least popular, the Swank diet was reported by participants who had tried it as the most helpful, followed by eating gluten-free. The most frequently used supplement overall was Vitamin D, with 59% of respondents indicating they found it helpful. The second most popular supplement was a multivitamin, which participants reported provided an almost equal benefit. The supplement reported as most helpful, however, was iron, benefiting 61% of respondents, followed by magnesium and vitamin C. With regards to herbal supplements, the most commonly used was turmeric, and the one reported to be most helpful was marijuana, followed by cranberry. Data like these are a growing and powerful resource for MS research, providing investigators and clinicians with real-life information on what living with MS is like. If you haven't already done so, please [join](#) iConquerMS today and add your voice to those already helping to steer the future direction of MS research!

