

- 1) Wolfe, F.; Ross, K.; Anderson, J.; Russell, I.J.; Hebert, L. The Prevalence and Characteristics of Fibromyalgia in the General Population. *Arthritis Rheumatol.* 1995, 38, 19–28. [Google Scholar] [CrossRef]
- 2) Assumpção, A.; Cavalcante, A.; Capela, C.; Al, E. Prevalence of fibromyalgia in a low socioeconomic status population. *BMC Musculoskelet. Disord.* 2009, 10, 64–70.
- 3) Wolfe F, Smythe HA, Yunus MB, et al. The American College of Rheumatology 1990 Criteria for the Classification of Fibromyalgia. Report of the Multicenter Criteria Committee. *Arthritis Rheum.* 1990; 33: 160-72.
- 4) Okifuji A, Turk DC, Sinclair JD, Starz TW, Marcus DA. A standardized manual tender point survey. I. Development and determination of a threshold point for the identification of positive tender points in fibromyalgia syndrome. *J Rheumatol.* 1997; 24: 377-83.
- 5) Wolfe F. New American College of Rheumatology criteria for fibromyalgia: a twenty-year journey. *Arthritis Care Res (Hoboken).* 2010; 62(5):583-4.
- 6) Wolfe F, Clauw DJ, Fitzcharles MA, Goldenberg DL, Häuser W, Katz RS et al. Fibromyalgia criteria and severity scales for clinical and epidemiological studies: a modification of the ACR Preliminary Diagnostic Criteria for Fibromyalgia. *J Rheumatol.* 2011; 38(6):1113-22.
- 7) Bennett RM, Friend R, Marcus D, **Bernstein C**, Han BK, Yachoui R et al. Criteria for the diagnosis of fibromyalgia: validation of the modified 2010 preliminary American College of Rheumatology criteria and the development of alternative criteria. *Arthritis Care Res* 2014; 66(9):1364-73
- 8) Schmidt-Wilcke T, Diers M. New Insights into the Pathophysiology and Treatment of Fibromyalgia. *Biomedicines.* 2017 May 13;5(2). pii: E22. doi: 10.3390/biomedicines5020022.
- 9) Arnold, L.M.; Hudson, J.I.; Hess, E.V.; Ware, A.E.; Fritz, D.A.; Auchenbach, M.B.; Starck, L.O.; Keck, P.E. Family Study of Fibromyalgia. *Arthritis Rheumatol.* 2004, 50, 944–952.
- 10) McBeth, J.; Macfarlane, G.J.; Benjamin, S.; Morris, S.; Silman, A.J.; Beth, J.M.C. The association between tender points, psychological distress, and adverse childhood experiences: A community-based study. *Arthritis Rheum.* 1999, 42, 1397–1404.
- 11) Gracely, R.H.; Petzke, F.; Wolf, J.M.; Clauw, D.J. Functional magnetic resonance imaging evidence of augmented pain processing in fibromyalgia. *Arthritis Rheum.* 2002, 46, 1333–1343.
- 12) Ichesco, E.; Schmidt-Wilcke, T.; Bhavsar, R.; Clauw, D.J.; Peltier, S.J.; Kim, J.; Napadow, V.; Hampson, J.P.; Kairys, A.E.; Williams, D.A.; et al. Altered resting state connectivity of the insular cortex in individuals with fibromyalgia. *J. Pain* 2014, 15, 815–826.e1.
- 13) Napadow, V.; Harris, R.E. What has functional connectivity and chemical neuroimaging in fibromyalgia taught us about the mechanisms and management of “centralized” pain? *Arthritis Res. Ther.* 2014, 16, 425.
- 14) Park, J.H., Niermann, K.J., and Olsen, N. Evidence for metabolic abnormalities in the muscles of patients with fibromyalgia. *Curr Rheumatol Rep.* 2000; 2: 131–140
- 15) Bentinger, M., Tekle, M., and Dallner, G. Coenzyme Q—biosynthesis and functions. *Biochem Biophys Res Commun.* 2010; 396: 74–79
- 16) Hsiao MY, Hung CY, Chang KV, Han DS, Wang TG (2015) Is serum hypovitaminosis D associated with chronic widespread pain including fibromyalgia? A meta-analysis of observational studies. *Pain Physician* 18(5):E877–E887
- 17) Straube S, Andrew Moore R, Derry S, McQuay HJ (2009) Vitamin D and chronic pain. *Pain* 141(1–2):10–13

- 18) Bischoff HA, Borchers M, Gudat F, Duermueller U, Theiler R, Stahelin HB et al (2001) In situ detection of 1, 25-dihydroxyvitamin D<sub>3</sub> receptor in human skeletal muscle tissue. *Histochem J* 33(1):19–24
- 19) Macfarlane, G.J.; Kronisch, C.; Dean, L.E.; Atzeni, F.; Häuser, W.; Fluß, E.; Choy, E.; Kosek, E.; Amris, K.; Branco, J.; et al. EULAR revised recommendations for the management of fibromyalgia. *Ann. Rheum. Dis.* 2017, 76, 318–328.
- 20) Norregaard, J.; Volkmann, H.; Danneskiold-Samsoe, B. A randomized controlled trial of citalopram in the treatment of fibromyalgia. *Pain* 1995, 61, 445–449.
- 21) Arnold, L.M.; Clauw, D.J.; Wohlreich, M.M.; Wang, F.; Ahl, J.; Gaynor, P.J.; Chappell, A.S. Efficacy of duloxetine in patients with fibromyalgia: Pooled analysis of 4 placebo-controlled clinical trials. *Prim Care Companion J. Clin. Psychiatry* 2009, 11, 237–244.
- 22) Straube, S.; Derry, S.; Moore, R.A.; McQuay, H.J. Pregabalin in fibromyalgia: Meta-analysis of efficacy and safety from company clinical trial reports. *Rheumatology* 2010, 49, 706–715.
- 23) Hauser, W.; Bernardy, K.; Uçeyler, N.; Sommer, C.; Häuser, W.; Bernardy, K.; Uçeyler, N.; Sommer, C. Treatment of Fibromyalgia Syndrome with Antidepressants: A Meta-analysis. *JAMA J. Am. Med. Assoc.* 2009, 301, 198–209.
- 24) Ben-Ami Shor D, Weitzman D, Dahan S, Gendelman O, Bar-On Y, Amital D, Shalev V, Chodick G, Amital H. Adherence and Persistence with Drug Therapy among Fibromyalgia Patients: Data from a Large Health Maintenance Organization. *J Rheumatol.* 2017 Oct;44(10):1499-1506. doi: 10.3899/jrheum.170098. Epub 2017 Aug 1.
- 25) Derry S, Wiffen PJ, Häuser W, Mücke M, Tölle TR, Bell RF, Moore RA. Oral nonsteroidal anti-inflammatory drugs for fibromyalgia in adults. *Cochrane Database Syst Rev.* 2017 Mar 27;3:CD012332. doi: 10.1002/14651858.CD012332.pub2.
- 26) Roskell NS, Beard SM, Zhao Y, et al. A meta-analysis of pain response in the treatment of fibromyalgia. *Pain Pract* 2011;11:516–27.
- 27) Walitt B, Klose P, Üçeyler N, Phillips T, Häuser W. Antipsychotics for fibromyalgia in adults. *Cochrane Database Syst Rev.* 2016 Jun 2;(6):CD011804. doi: 10.1002/14651858.CD011804.pub2.
- 28) Walitt B, Klose P, Fitzcharles MA, Phillips T, Häuser W. Cannabinoids for fibromyalgia. *Cochrane Database Syst Rev.* 2016 Jul 18;7:CD011694. doi: 10.1002/14651858.CD011694.pub2.
- 29) Johnson MI, Claydon LS, Herbison GP, Jones G, Paley CA. Transcutaneous electrical nerve stimulation (TENS) for fibromyalgia in adults. *Cochrane Database Syst Rev.* 2017 Oct 9;10:CD012172. doi: 10.1002/14651858.CD012172.pub2.
- 30) Busch AJ, Barber KA, Overend TJ, et al. Exercise for treating fibromyalgia syndrome. *Cochrane Database Syst Rev* 2008;(4):CD003786
- 31) Naumann J, Sadaghiani C. Therapeutic benefit of balneotherapy and hydrotherapy in the management of fibromyalgia syndrome: a qualitative systematic review and meta-analysis of randomized controlled trials. *Arthritis Res Ther* 2014;16:R141. doi:10.1186/ar4603
- 32) Yuan QL, Wang P, Liu L, Sun F, Cai YS, Wu WT, Ye ML, Ma JT, Xu BB, Zhang YG. Acupuncture for musculoskeletal pain: A meta-analysis and meta-regression of sham-controlled randomized clinical trials. *Sci Rep.* 2016 Jul 29;6:30675. doi: 10.1038/srep30675.
- 33) Deare JC, Zheng Z, Xue CC. Acupuncture for treating fibromyalgia. *Cochrane Database Syst Rev* 2013;(5):CD007070. doi:10.1002/14651858.CD007070.pub2
- 34) Bernardy K, Klose P, Busch AJ, et al. Cognitive behavioural therapies for fibromyalgia. *Cochrane Database Syst Rev* 2013;(9):CD009796. doi:10.1002/14651858.CD009796.pub2

- 35) Roman P, Estévez ÁF, Sánchez-Labraca N, Cañadas F, Miras A, Cardona D. Probiotics for fibromyalgia: study design for a pilot double-blind, randomized controlled trial. *Nutr Hosp.* 2017 Oct 24;34(5):1246-1251. doi: 10.20960/nh.1300.
- 36) Abdullah M, Vishwanath S, Elbalkhi A, Ambrus JL Jr. Mitochondrial myopathy presenting as fibromyalgia: a case report. *J Med Case Rep.* 2012 Feb 10;6:55. doi: 10.1186/1752-1947-6-55.
- 37) Castro-Marrero J, Cordero MD, Sáez-Francas N, Jimenez-Gutierrez C, Aguilar-Montilla FJ, Aliste L, Alegre-Martin J. Could mitochondrial dysfunction be a differentiating marker between chronic fatigue syndrome and fibromyalgia? *Antioxid Redox Signal.* 2013 Nov 20;19(15):1855-60. doi: 10.1089/ars.2013.5346. Epub 2013 May 29.
- 38) Cordero MD, Díaz-Parrado E, Carrión AM, Alfonsi S, Sánchez-Alcazar JA, Bullón P, Battino M, de Miguel M. Is inflammation a mitochondrial dysfunction-dependent event in fibromyalgia? *Antioxid Redox Signal.* 2013 Mar 1;18(7):800-7. doi: 10.1089/ars.2012.4892. Epub 2012 Nov 16.
- 39) Ernster, L; Dallner, G (1995). "Biochemical, physiological and medical aspects of ubiquinone function". *Biochimica et Biophysica Acta* 1271 (1): 195–204.
- 40) Miyamae T, Seki M, Naga T, Uchino S, Asazuma H, Yoshida T, Iizuka Y, Kikuchi M, Imagawa T, Natsumeda Y, Yokota S, Yamamoto Y. Increased oxidative stress and coenzyme Q10 deficiency in juvenile fibromyalgia: amelioration of hypercholesterolemia and fatigue by ubiquinol-10 supplementation. *Redox Rep.* 2013;18(1):12-9. doi: 10.1179/1351000212Y.0000000036.
- 41) Cordero MD, Cano-García FJ, Alcocer-Gómez E, De Miguel M, Sánchez-Alcázar JA. Oxidative stress correlates with headache symptoms in fibromyalgia: coenzyme Q<sub>10</sub> effect on clinical improvement. *PLoS One.* 2012;7(4):e35677. doi: 10.1371/journal.pone.0035677. Epub 2012 Apr 19.
- 42) Cordero MD, Alcocer-Gómez E, de Miguel M, Culic O, Carrión AM, Alvarez-Suarez JM, Bullón P, Battino M, Fernández-Rodríguez A, Sánchez-Alcazar JA. Can coenzyme q10 improve clinical and molecular parameters in fibromyalgia? *Antioxid Redox Signal.* 2013 Oct 20;19(12):1356-61. doi: 10.1089/ars.2013.5260. Epub 2013 Apr 6.
- 43) Cordero MD, Alcocer-Gómez E, Culic O, Carrión AM, de Miguel M, Díaz-Parrado E, Pérez-Villegas EM, Bullón P, Battino M, Sánchez-Alcazar JA. NLRP3 inflammasome is activated in fibromyalgia: the effect of coenzyme Q10. *Antioxid Redox Signal.* 2014 Mar 10;20(8):1169-80. doi: 10.1089/ars.2013.5198. Epub 2013 Sep 19.
- 44) Alcocer-Gómez E, Culic O, Navarro-Pando JM, Sánchez-Alcázar JA, Bullón P. Effect of Coenzyme Q<sub>10</sub> on Psychopathological Symptoms in Fibromyalgia Patients. *CNS Neurosci Ther.* 2017 Feb;23(2):188-189. doi: 10.1111/cns.12668. Epub 2017 Jan 4. No abstract available.
- 45) Alcocer-Gómez E, Sánchez-Alcázar JA, Cordero MD. Coenzyme q10 regulates serotonin levels and depressive symptoms in fibromyalgia patients: results of a small clinical trial. *J Clin Psychopharmacol.* 2014 Apr;34(2):277-8. doi: 10.1097/JCP.000000000000097. No abstract available.
- 46) de Carvalho JF, Silva DN. Serum levels of vitamin B12 (cobalamin) in fibromyalgia. *Rheumatol Int.* 2016 May;36(5):741-2. doi: 10.1007/s00296-016-3454-y. Epub 2016 Mar 14.
- 47) Regland B, Forsmark S, Halaouate L, Matousek M, Peilott B, Zachrisson O, Gottfries CG. Response to vitamin B12 and folic acid in myalgic encephalomyelitis and fibromyalgia. *PLoS One.* 2015 Apr 22;10(4):e0124648. doi: 10.1371/journal.pone.0124648. eCollection 2015.
- 48) Costantini A, Pala MI, Tundo S, Matteucci P. High-dose thiamine improves the symptoms of fibromyalgia. *BMJ Case Rep.* 2013 May 20;2013. pii: bcr2013009019. doi: 10.1136/bcr-2013-009019.
- 49) Bengtsson A, Cederblad G, Larsson J. Carnitine levels in painful muscles of patients with fibromyalgia. *Clin Exp Rheumatol.* 1990 Mar-Apr;8(2):197-8. No abstract available.

- 50) Rossini M, Di Munno O, Valentini G, Bianchi G, Biasi G, Cacace E, Malesci D, La Montagna G, Viapiana O, Adami S. Double-blind, multicenter trial comparing acetyl L-carnitine with placebo in the treatment of fibromyalgia patients. *Clin Exp Rheumatol*. 2007 Mar-Apr;25(2):182-8.
- 51) Leombruni P, Miniotti M, Colonna F, Sica C, Castelli L, Bruzzone M, Parisi S, Fusaro E, Sarzi-Puttini P, Atzeni F, Torta RG. A randomised controlled trial comparing duloxetine and acetyl L-carnitine in fibromyalgic patients: preliminary data. *Clin Exp Rheumatol*. 2015 Jan-Feb;33(1 Suppl 88):S82-5. Epub 2015 Mar 18.
- 52) Bozkurt M, Caglayan M, Oktayoglu P, Em S, Batmaz I, Sariyildiz MA, Nas K, Ucar D, Yüksel H, Sarac AJ. Serum prolidase enzyme activity and oxidative status in patients with fibromyalgia. *Redox Rep*. 2014 Jul;19(4):148-53. doi: 10.1179/1351000213Y.0000000079. Epub 2014 Jan 3.
- 53) Sakarya ST, Akyol Y, Bedir A, Canturk F. The relationship between serum antioxidant vitamins, magnesium levels, and clinical parameters in patients with primary fibromyalgia syndrome. *Clin Rheumatol*. 2011 Aug;30(8):1039-43. doi: 10.1007/s10067-011-1697-2. Epub 2011 Feb 24.
- 54) Costa de Miranda R, Paiva ES, Suter Correia Cadena SM, Brandt AP, Vilela RM. Polyphenol-Rich Foods Alleviate Pain and Ameliorate Quality of Life in Fibromyalgic Women. *Int J Vitam Nutr Res*. 2016 Nov 21:1-10. [Epub ahead of print]
- 55) Gilron I, Tu D, Holden R, Towheed T, Ziegler D, Wang L, Milev R, Gray C. Innovations in the Management of Musculoskeletal Pain With Alpha-Lipoic Acid (IMPALA Trial): Study protocol for a Double-Blind, Randomized, Placebo-Controlled Crossover Trial of Alpha-Lipoic Acid for the Treatment of Fibromyalgia Pain. *JMIR Res Protoc*. 2017 Mar 28;6(3):e41. doi: 10.2196/resprot.7198.
- 56) Hsiao MY, Hung CY, Chang KV, Han DS, Wang TG. Is Serum Hypovitaminosis D Associated with Chronic Widespread Pain Including Fibromyalgia? A Meta-analysis of Observational Studies. *Pain Physician*. 2015 Sep-Oct;18(5):E877-87.
- 57) Yong WC, Sanguaneko A, Upala S. Effect of vitamin D supplementation in chronic widespread pain: a systematic review and meta-analysis. *Clin Rheumatol*. 2017 Dec;36(12):2825-2833. doi: 10.1007/s10067-017-3754-y. Epub 2017 Aug 15.
- 58) Sahebkar A, Henrotin Y. Analgesic Efficacy and Safety of Curcuminoids in Clinical Practice: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Pain Med*. 2016 Jun;17(6):1192-202. doi: 10.1093/pm/pnv024. Epub 2015 Dec 14.
- 59) Gaffey A, Campbell J, Porritt K, Slater H. The effects of curcuminoids on musculoskeletal pain: a systematic review. *JBI Database of Systematic Reviews and Implementation Reports* 2017; 15(2): 486–516.
- 60) Ceremuga TE, Helmrick K, Kufahl Z, Kelley J, Keller B, Philippe F, Golder J, Padrón G. Investigation of the Anxiolytic and Antidepressant Effects of Curcumin, a Compound From Turmeric (*Curcuma longa*), in the Adult Male Sprague-Dawley Rat. *Holist Nurs Pract*. 2017 May/Jun;31(3):193-203. doi: 10.1097/HNP.000000000000208.
- 61) Kanchanatawan B, Tangwongchai S, Sughondhabhirom A, Suppavitiporn S, Hemrunrojn S, Carvalho AF, Maes M. Add-on Treatment with Curcumin Has Antidepressive Effects in Thai Patients with Major Depression: Results of a Randomized Double-Blind Placebo-Controlled Study. *Neurotox Res*. 2018 Jan 11. doi: 10.1007/s12640-017-9860-4. [Epub ahead of print]
- 62) Kodali M, Hattiangady B, Shetty GA, Bates A, Shuai B, Shetty AK. Curcumin Treatment Leads to Better Cognitive and Mood Function in a Model of Gulf War Illness with Enhanced Neurogenesis, and Alleviation of Inflammation and Mitochondrial Dysfunction in the Hippocampus. *Brain Behav Immun*. 2018 Feb 15. pii: S0889-1591(18)30009-6. doi: 10.1016/j.bbi.2018.01.009. [Epub ahead of print]

- 63) Peth-Nui T, Wattanathorn J, Muchimapura S, Tong-Un T, Piyavhatkul N, Rangseekajee P, Ingkaninan K, Vittaya-Areekul S. Effects of 12-Week Bacopa monnieri Consumption on Attention, Cognitive Processing, Working Memory, and Functions of Both Cholinergic and Monoaminergic Systems in Healthy Elderly Volunteers. *Evid Based Complement Alternat Med.* 2012;2012:606424. doi: 10.1155/2012/606424. Epub 2012 Dec 18.
- 64) Stough C, Lloyd J, Clarke J, et al. The chronic effects of an extract of Bacopa monniera (Brahmi) on cognitive function in healthy human subjects. *Psychopharmacology* 2001;156:481–484.
- 65) Rauf K, Subhan F, Al-Othman AM, Khan I, Zarrelli A, Shah MR. Preclinical profile of bacopasides from Bacopa monnieri (BM) as an emerging class of therapeutics for management of chronic pains. *Curr Med Chem.* 2013;20(8):1028-37. Review.
- 66) Williams R, Münch G, Gyengesi E, Bennett L. Bacopa monnieri (L.) exerts anti-inflammatory effects on cells of the innate immune system in vitro. *Food Funct.* 2014 Mar;5(3):517-20. doi: 10.1039/c3fo60467e.
- 67) Ceremuga TE, Valdivieso D, Kenner C, Lucia A, Lathrop K, Stailey O, Bailey H, Criss J, Linton J, Fried J, Taylor A, Padron G, Johnson AD. Evaluation of the anxiolytic and antidepressant effects of asiatic acid, a compound from Gotu kola or Centella asiatica, in the male Sprague Dawley rat. *AANA J.* 2015 Apr;83(2):91-8.
- 68) Jana U, Sur TK, Maity LN, Debnath PK, Bhattacharyya D. A clinical study on the management of generalized anxiety disorder with Centella asiatica. *Nepal Med Coll J.* 2010 Mar;12(1):8-11.
- 69) Shahraki MR, Samadi Noshahr Z, Ahmadvand H, Nakhaie A. Anti-nociceptive and anti-inflammatory effects of Withania somnifera root in fructose fed male rats. *J Basic Clin Physiol Pharmacol.* 2016 Jun 1;27(4):387-91. doi: 10.1515/jbcpp-2015-0053.
- 70) Orrù A, Casu MA, Tambaro S, Marchese G, Casu G, Ruiu S. Withania somnifera (L.) Dunal root extract alleviates formalin-induced nociception in mice: involvement of the opioidergic system. *Behav Pharmacol.* 2016 Feb;27(1):57-68. doi: 10.1097/FBP.000000000000195.
- 71) Ramakanth GS, Uday Kumar C, Kishan PV, Usharani P. A randomized, double blind placebo controlled study of efficacy and tolerability of Withania somnifera extracts in knee joint pain. *J Ayurveda Integr Med.* 2016 Jul - Sep;7(3):151-157. doi: 10.1016/j.jaim.2016.05.003. Epub 2016 Sep 16.
- 72) Bukhari IA, Pivac N, Alhumayyd MS, Mahesar AL, Gilani AH. The analgesic and anticonvulsant effects of piperine in mice. *J Physiol Pharmacol.* 2013 Dec;64(6):789-94.
- 73) Stojanovska L, Law C, Lai B, Chung T, Nelson K, Day S, Apostolopoulos V, Haines C. Maca reduces blood pressure and depression, in a pilot study in postmenopausal women. *Climacteric.* 2015 Feb;18(1):69-78. doi: 10.3109/13697137.2014.929649. Epub 2014 Aug 7.
- 74) Tenci B, Di Cesare Mannelli L, Maresca M, Micheli L, Pieraccini G, Mulinacci N, Ghelardini C. Effects of a water extract of Lepidium meyenii root in different models of persistent pain in rats. *Z Naturforsch C.* 2017 Oct 26;72(11-12):449-457. doi: 10.1515/znc-2016-0251.
- 75) Kumar S, Sharma A. Anti-anxiety activity studies of various extracts of Turnera aphrodisiaca Ward. *J Herb Pharmacother.* 2005;5(4):13-21.
- 76) Martins SP, Ferreira CL, Del Giglio A. Placebo-Controlled, Double-Blind, Randomized Study of a Dry Guarana Extract in Patients with Head and Neck Tumors Undergoing Chemoradiotherapy: Effects on Fatigue and Quality of Life. *J Diet Suppl.* 2016 Jun 20:1-10. [Epub ahead of print]
- 77) da Costa Miranda V, Truffelli DC, Santos J, Campos MP, Nobuo M, da Costa Miranda M, Schlinder F, Riechelmann R, del Giglio A. Effectiveness of guaraná (Paullinia cupana) for postradiation fatigue

and depression: results of a pilot double-blind randomized study. *J Altern Complement Med.* 2009 Apr;15(4):431-3. doi: 10.1089/acm.2008.0324.