

YOUNG-ONSET PARKINSON'S SUPPORT GROUP

of SE Michigan



INFORMATION FROM PERSONAL EXPERIENCE

TITLE: DISSOLVING SINEMET IN VERNOR'S IMPROVES ABSORPTION

Category Medications

Summary Dissolving sinemet in a carbonated beverage (Vernors) improves absorption

Date Stamp 20-Mar-05

Source Event YOPD Support Grp Meeting (14-Mar-05)

Content My doctor suggested to take Sinemet on an empty stomach with the pill dissolved in a small glass of Vernors or other carbonated drink. This maximizes both the response time to the brain and the amount of Sinemet which transforms to Levadopa in the brain. Since I have been taking my first dose in the morning in this manner, I get going quicker and feel much better than I have previously. Hope the effect works for a while.

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