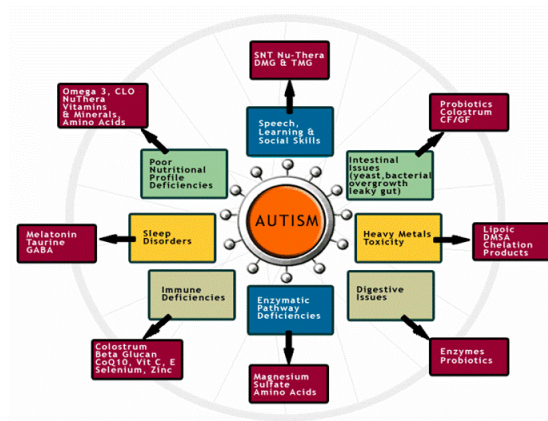


# Stillpoint Center *Integrative Medicine*

## Autistic-Spectrum Disorders “Supplement Support for Autistic-Spectrum Disorders”

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## General Supplements

### Vitamins

- **Vit. A** – “cis” and “trans”
  - “cis” – natural source in salmon, cod liver
  - “trans” – manufactured form, ie. Palmitate
    - Is common in the High Dose Vitamin A protocol for measles
- **Vit. B Group** (1 – thiamin, 2-riboflavin, 3-niacin, 6-pyridoxine, or P5P, 12-cyano/hydroxy/methyl)
  - **B6 (pyridoxine)** – 20 to 50mg/8lbs body weight per day preferred.
    - P5P form 25 to 50mcg daily
  - **B12 (cyano and/or hydroxycobolamin)** – 500-1000mcg per day
    - This does not include Methylcobolamin, ie. injections or nasal spray

# General Supplements

## Minerals (too many to list all)

- **Calcium (bone & teeth growth, cell function trigger)**
  - 800 to 1200mg per day (average 800mg 1 to 6 year old)
  - Avoid zinc at same time
  - Citrate helps bind oxalates
  - Carbonate difficult to utilize, but easily absorbed
  - 200mg of calcium required – will need CaCarbonate (500mg), CaCitrate (1000mg) or CaGluconate (2000mg)
- **Chromium (blood sugar via insulin, DHEA formation – Th2 to Th1 shift)**
  - 50-200mcg per day
- **Iron (hemoglobin, oxygen carrier)**
  - Easily accumulates
  - oxidant
- **Magnesium (energy production, brain stabilizer, calcium regulator, helps sulfate function)**
  - 3 to 8 milligrams per kg per day
  - 250 to 500mg per day
  - Citrate binds oxalates, loose stools
  - Malate helps K.reb cycle
  - Glycinate easily absorbed – goes to muscle tissue
  - Oxide (if not buffered) can be too alkaline
  - Best used along with B6 – use both with food

# General Supplements

## Vitamins

- **Vit. C – 250-1000mg per day**
  - Ascorbic acid is the shell
  - Good for constipation
  - Watch for oxalate issues
- **Vit. D (regarded as a hormone)**
  - 400 IU daily – helps with calcium absorption and utilization
  - Rarely a problem in S. California
  - Fat soluble (need fat to absorb)
  - 25 (OH) D blood test
- **Vit. E**
  - Powerful Antioxidant
  - 100-400IU daily
- **Vitamin K**
  - Helps with blood coagulation
  - Regulates calcium and pancreas function
  - 10 to 30 mg per day for gut kids.
  - Vitamin K2 is natural form

# General Supplements

## Minerals (too many to list all)

- **Molybdenum (helps to control excess copper)**
  - Activates sulfite oxidase
  - Can lower intracellular copper
  - Molybdenum tetrathiomolybdate is good form
  - 50 to 250 mcg per day
- **Selenium (metal regulator, ie. mercury)**
  - Activates Glutathione
  - Converts T4 to T3
  - Methionine form – nicely utilized by body
- **Zinc – (Immune function, digestion, growth, appetite)**
  - Rids CO2 to HCL
  - Regulates copper
  - Helps is DNA/RNA repair
  - Critical for methylation support
  - Average 10 to 30 mg – best given at night away from meals

# General Supplements

## Supplement Companies

- **Kirkman Laboratories** ([www.kirkmanlabs.com](http://www.kirkmanlabs.com))
  - NuThera
  - SuperNuThera (high B6)
  - Spectrum Complete
  - They have a host of other supplements for individual minerals, vitamins, specialty products.
- **New Beginnings** ([www.nbnus.com](http://www.nbnus.com))
  - **Basic Nutrients Plus** – 2 daily
  - **Chelate Mate** – ½ to 1 tablespoon daily
  - They have a host of other supplements for individual minerals, vitamins, specialty products.

# General Supplements

## Essential Fatty Acids (omega 3, 6, 9 and more)

- Essential means must be supplied by diet
- 20 to 60 mg/kg, ie. 55lbs child 500-1500mg of omega-3
- Omega 3's supplied by cod liver oil, fish oils, flax oil
- Most kids are omega 3 deficient: EPA & DHA (30-40% of omega-3)
  - Cod Liver Oil (age 2 to 5) – ½ to 2 teaspoons per day, ie. 1250 to 5000IU daily
  - 1000mg Omega-3: EPA (500-700mg) & DHA (300-500) mg daily
  - Nordic Naturals Berry Keen
  - Carlson's CLO
  - Pharmax CLO and Fish Oil

# General Supplements

## Probiotics

- Acidophilus & Bifidobacter
- Competes with bad guys
- Control yeast
- Stimulates secretory IgA
- Produce short chain fatty acids for intestinal health, ie. butyrate.
- Help with vitamin utilization
- EX: Ther-biotics (Klaire), ProBiotic Support Formula (New Beginnings), Culturelle, HLC MindLinx, VSL #3
- **Sacchomyces boulardii** – yeast that inhibits other yeast and bacteria, ie. clostridia. Does not colonize the bowel permanently. Not affected by anti-biotics. Is sensitive to anti-fungals

# Specialized Supplements

- **Colostrum** – pre-milk immune factors, provides large amounts of IgG.
- **Transfer Factor** – immune enhancement.
- **Beta-Glucan** – Th1 regulator, helps to stimulate macrophages.
- **NADH** – assists glutathione, helps with energy production.
  - 5 to 10 mg total per day with meals
- **CoQ10** – anti-oxidant, helps with energy regulation
  - 25 to 75 mg per day

# Specialized Supplements

## Enzymes

- DPP-IV (peptidase)
- Lipase, Amylase, Sucrase, etc.
- Enzyme-Complete w/DPP-IV (kirkman)
- Peptizyde (Houston) and/or Zyme-Prime (Houston) – available from New Beginnings.

# Specialized Supplements

## Amino Acids

- **Methionine**
  - Necessary for methylation system
  - SAMe – 100 to 200mg 1 to 2 times daily
- **Cysteine**
  - Necessary for detoxification
  - N-acetyl cysteine, 50 to 100mg per day
  - Available as transdermal gel
- **Taurine**
  - Preserves magnesium in cells
  - Helps produce bile
  - 500 to 1500 mg per day
- **Gaba**
  - Reduces excess electrical activity in the brain
  - Relaxing, calming
  - 500 to 3000mg+ Severe aggression may need very high amount, ie 5000 to 10K

# Special Circumstances

## Attention Issues:

- Methyl-B12 Therapy – injection is preferred, nasal.
- DMG
- TMG
- EFA's
- L-Theanine 100mg (1 to 3 per day)
- DMAE
- Food Allergies
- Too much sugar – blood sugar problems

# Special Circumstances

## Hyperactivity

- Calcium/Magnesium
- GABA (500 to 1000mg 2 to 3x/day)
- Taurine (500 to 1000mg 2 to 3x/day)
- L-Theanine (100 to 300 mg per day)
- Epsom Salt Baths – 1 to 4 cups in bath water nightly
- Magnesium Sulfate Cream – 1 teaspoon 2 to 3x/day
- Sugar, juices (apple, berry, soda), artificial colors

# Special Circumstances

## Aggression, Abusive, Anxiety

- Inositol - 1 to 8 grams daily (metagenics carries Cenitol powder)
- GABA (high doses may be needed)
- Taurine (high doses may be needed – 2000 to 5000 +)
- Food allergies, artificial colorings
- Magnesium Sulfate Cream

# Special Circumstances

## Sleep Issues:

- **Melatonin** (1 to 6 mg in the evening)
  - Melatonin PR (3mg)
    - 1 to 3 tablets ½ hour before bed
  - Melatonin SL (3mg)
    - 1 to 3 tablets ½ hour before bed
- NOTE: These are available from [www.emersonecologics.com](http://www.emersonecologics.com).
- **GABA** (500 to 3000mg near bedtime)
- **Magnesium** (400 to 500 mg near bedtime)
- **5HTP** (50 to 100mg near bedtime)

# Special Circumstances

## Lack of Speech:

- Methyl-B12 Therapy
- DMG or TMG
- Carnosine
  - 200 to 400mg twice daily
  - Carn-Aware
- Possible underlying seizure disorder
- Chelation Therapy

# Special Circumstances

## Constipation:

- High dose probiotics
- High dose vitamin C (to bowel tolerance)
- Colostrum (liquid from New Beginnings is good – Prime Liquid Colostrum)
- Digestive Enzymes
- Magnesium Citrate 400 to 800mg at bedtime.
- Fiber
- Suppositories, Miralax, Senna (senecot)
- **Lower Bowel Formula** – Start with ½ dropperful at dinner and increase by ½ dropperful each evening
- **Kid-e-Reg** – 1 to 2 dropperfuls 2 to 3 times per day.

NOTE: Both the Lower Bowel Formula and Kid-e-Reg are available from [www.stillpointcenter.meta-ehealth.com](http://www.stillpointcenter.meta-ehealth.com). They are from Dr. Christopher Herballs

# General Supplement Program

## Supplement Starter Package

*(New Beginnings Nutritionals – 877-575-2467 or [www.nbnus.com](http://www.nbnus.com))*

- **Basic Nutrients Plus** – multi-mineral/vitamin (2 to 3 daily)
- **Antioxidant Formula** – 2 to 3 daily
- **Chelate Mate** – ½ to 1 tablespoon daily
- **Cod Liver Oil** – 1 to 2 teaspoons daily
- **Liquid Ionic Calcium** – 1.5 to 2 teaspoons daily
- **Liquid Ionic Magnesium** – 2 tablespoons daily
- **Selenium Liquid** – 3 to 5 drops daily
- **Liquid Zinc** – 10 drops daily

## General Rules for Supplements

- Most ASD kids are deficient in minerals and vitamins.
- Make your life easy and purchase multi-vitamin/mineral blends.
- Read Lori Knowles article on “Getting Children to Take Supplements” from [www.nbnus.com](http://www.nbnus.com).
- Not every child is going to like everything.

## General Rules for Supplements

- If directions say 3x/day and you continue to miss the middle of day dose, than adjust and take twice daily.
- Add one thing at a time, ie. one new supplement every 1 to 2 days
- Do not be in a rush – this usually causes problems
- Journal your observations

## General Rules for Supplements

- Be willing to try new things.
- Most therapies fall in the category of the “can’t hurt, could help”
- Dr. Woeller’s Rule of 1/3’s (for little kids):\
  - 1/3 goes in their mouth
  - 1/3 goes on the front of their shirt
  - 1/3 stays behind in the sippy cup they just threw on the floor
- No amount of supplements will overcome a diet full of junk food and sweets.
- Whole food – fruits, vegetables, organic and fresh meats, etc. are critical for long-term health.