

PRIMARY RECOMMENDED SUPPLEMENTS

Vitamin B6, preferably as P5P (activated form)

25-50mg < 5 yrs

50-100mg > 5 yrs

Magnesium (glycinate, citrate or oxide)

200-400mg/day to start

Calcium (2x magnesium; as citrate, ascorbate)

600-1000mg/day

Zinc (picolinate)

20-60mg/day (1mg/lb + 20)

Selenium

150-200mcg/day

Vitamin A (some in cod liver oil)

2500-5000 IU/day

Vitamin C (buffered, powder form)

1000mg/day

Vitamin E

200/day < 5yrs

400/day > 5yrs

Essential Fatty Acids (to start)

750mg EPA

250mg DHA

100mg GLA

OTHER RECOMMENDED SUPPLEMENTS

DMG (125MG; 1-6/day)

Or

TMG (500-2000mg/day)

Folinic acid 800-1600mcg/day

Methylcobalamin (B12)

75 mcg/kg 2x/wk up to 2500 mcg SQ 2x/wk

Adapted from materials created by Dr. Nancy O'Hara