



## Vitamin Suggestions

### Omega 3 Fatty Acids (Fish Oil)

- You want the EPA higher than the DHA, NO Omega 3-6-9
- Options:
  - **SMALL CHILD (<60lbs)** – Total daily dose of 300mg – 500mg
  - Coromega: coromega.com (orange fluff packets). Orange tastes best. Mix with OJ
  - MorEPA: [www.minami-nutrition.com](http://www.minami-nutrition.com) makes chewables *MorEPA Chewy* or the capsules *PlusEPA* or *MorEPA minis*.
  - Omegabrite: [www.omegabrite.com](http://www.omegabrite.com) Tutti Fruitti
  - *Nordic Naturals*: makes 500mg max EPA for kids – some have gummies but would likely need to have 5 a day depending on needed dose. *Nordic Naturals ProEPA* for kids – strawberry flavored and some chweables.
  - *Barleans*: Omega 3 (mango peach smoothie, key lime, lemon, strawberry banana flavors). NOT Total Omega. Very well tolerated without fishy taste.
  - Food options – all available at Publix. Walnuts (only takes 4 halves); *Smart Balance* margarine, mayo, peanut butter, omega 3 eggs, albacore tuna in water.
  - **BIGGER CHILD (>80lbs)** use 500mg – 1500mg omega 3
  - Any of the above depending on the child's preference
  - *Nordic Natural Max EPA* or *Omega Mood*
  - *GNC* or *Omegabrite* make similar good options
  - *Centrum ProNutrients Omega 3*

### Vitamins

- Most any multivitamin that the child will tolerate should be okay. Suggest with minerals and Vitamin D3 400 IU.
- May consider separate Vitamin D3 1000-2000 IU per day, many gummie options available.

### Probiotics

- Suggested brands include *Natren*, *Probiotic Pearls*, *Culturelle*, *Jarrow*, *Florastor*. May also use *Kefir* or *Dannon Active* found in the dairy section at grocery stores.

### Magnesium Oxide or Glycinate or Citrate

- 100-125mg once or twice a day for those with tics and/or ADHD may be helpful. Decrease dose if loose stools as magnesium can have a laxative effect. May also be used at bedtime to help with sleep. *Magmind* supplement or Magnesium lotion – applied topically

### Melatonin

- May supplement with Melatonin is needed to help fall asleep 1-5mg 15-20min prior to bedtime.