Research – Treatment

A large, randomized, double-blind placebo-controlled study found that a similar strong, balanced multi-vitamin/mineral supplement resulted in modest but statistically significant improvements in the Average Change of all symptoms on the Parent Global Impressions-Revised, and significant improvements in subscores in expressive language, tantrumming, hyperactivity, and overall symptoms. The supplement improved the level of many vitamins and minerals. There were also many improvements in metabolism, including improvements in oxidative stress, methylation, glutathione, sulfation, plasma ATP. The children with low levels of vitamin K and biotin (both made by gut bacteria) improved the most.


One open-label study [49] found that micronutrient supplementation was comparable or more effective than treatment with pharmaceuticals in terms of improvements in the Childhood Autism Rating Scale, Childhood Psychiatric Rating Scale, Clinical Global Impressions, and Self-Injurious Behavior.


One small randomized, double-blind, placebo-controlled study published found that a strong, balanced multi-vitamin/mineral supplement resulted in improvements in children with autism in sleep and gut function, and possibly in other areas.


One study found that high-dose vitamin C (1.1 g per 10 kg bodyweight) helped children with autism.