

## Supplement Facts

Serving Size: 2.5 Scoops

Servings Per Container: 30

See dosage guide for dosing by bodyweight.

	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age																																				
Vitamin A (with 1800 mcg RAE as mixed carotenoids and 600 mcg RAE as retinol)	2400 mcg RAE	267%																																				
Vitamin C (as Calcium Ascorbate)	300 mg	333%																																				
Vitamin D3 (as Cholecalciferol)	62 mcg	313%																																				
Vitamin E (as 100 mg of mixed Tocopherols)	45 mg	300%																																				
Vitamin K (as K1 and K2)	300 mcg	250%																																				
Vitamin B1 (as Thiamine Hydrochloride)	30 mg	2500%																																				
Vitamin B2 (Riboflavin)	40 mg	3077%																																				
Vitamin B3 (as Niacin and Niacinamide)	40 mg NE	219%																																				
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine HCl)	40 mg	2353%																																				
Folate (Methyltetrahydrofolate) (MTHF as Quatrefolic®)	600 mcg DFE	150%																																				
Vitamin B12 (as Hydroxycobalamin and Methylcobalamin)	600 mcg	25000%																																				
Biotin	500 mcg	1667%																																				
Vitamin B5 (Pantothenic Acid as Calcium-D-Pantothenate)	30 mg	600%																																				
Choline (as VitaCholine® Choline Bitartrate)	250 mg	45%																																				
Calcium (from DimaCal® DiCalcium Malate, Calcium Ascorbate and Calcium Pantothenate)	200 mg	15%																																				
Iodine (as Potassium Iodide)	100 mcg	67%																																				
Other ingredients: Silica																																						
Quatrefolic® is a registered licensed trademark of Gnosis.																																						
OptiMSM® is a registered trademark of Bergstrom Nutrition.																																						
Albion®, TRAACS®, DimaCal® and VitaCholine® are registered trademarks of Albion Laboratories, Inc. and Balchem Corporation.																																						
<table border="1"> <thead> <tr> <th>Amount Per Serving</th> <th>% Daily Values for Adults and Children 4 or more years of age</th> </tr> </thead> <tbody> <tr> <td>Magnesium (as DiMagnesium Malate, Magnesium Citrate and Magnesium Taurate)</td> <td>200 mg 48%</td> </tr> <tr> <td>Zinc (as Zinc Sulfate and Amino Acid Chelate)</td> <td>15 mg 136%</td> </tr> <tr> <td>Selenium (80% as Selenomethionine, 20% as Sodium Selenite)</td> <td>50 mcg 91%</td> </tr> <tr> <td>Manganese (as Manganese Aspartate)</td> <td>0.5 mg 22%</td> </tr> <tr> <td>Chromium (as Chromium Picolinate)</td> <td>70 mcg 200%</td> </tr> <tr> <td>Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)</td> <td>100 mcg 222%</td> </tr> <tr> <td>Potassium (as Potassium Chloride)</td> <td>50 mg 1%</td> </tr> <tr> <td>Methylsulfonylmethane (OptiMSM®)</td> <td>500 mg +</td> </tr> <tr> <td>Co-Enzyme Q10</td> <td>100 mg +</td> </tr> <tr> <td>N-Acetyl-L-Cysteine (NAC)</td> <td>100 mg +</td> </tr> <tr> <td>L-Carnitine</td> <td>300 mg +</td> </tr> <tr> <td>Nicotinamide Riboside</td> <td>10 mg +</td> </tr> <tr> <td>Nicotinamide Adenine Dinucleotide (NADH)</td> <td>10 mg +</td> </tr> <tr> <td>Lithium (as Lithium Orotate)</td> <td>350 mcg +</td> </tr> <tr> <td>Inositol</td> <td>100 mg +</td> </tr> <tr> <td colspan="2">Daily Value based on a 2000 calorie diet.</td> </tr> <tr> <td colspan="2">+ Daily value not established</td> </tr> </tbody> </table>			Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age	Magnesium (as DiMagnesium Malate, Magnesium Citrate and Magnesium Taurate)	200 mg 48%	Zinc (as Zinc Sulfate and Amino Acid Chelate)	15 mg 136%	Selenium (80% as Selenomethionine, 20% as Sodium Selenite)	50 mcg 91%	Manganese (as Manganese Aspartate)	0.5 mg 22%	Chromium (as Chromium Picolinate)	70 mcg 200%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%	Potassium (as Potassium Chloride)	50 mg 1%	Methylsulfonylmethane (OptiMSM®)	500 mg +	Co-Enzyme Q10	100 mg +	N-Acetyl-L-Cysteine (NAC)	100 mg +	L-Carnitine	300 mg +	Nicotinamide Riboside	10 mg +	Nicotinamide Adenine Dinucleotide (NADH)	10 mg +	Lithium (as Lithium Orotate)	350 mcg +	Inositol	100 mg +	Daily Value based on a 2000 calorie diet.		+ Daily value not established	
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Developed by and manufactured for

Autism Nutrition Research Center  
PO Box 1028, Wittmann, AZ 85361  
888-385-5532 www.autismnrc.org



# DOSING GUIDE

## ANRC Essentials Plus POWDER



www.AutismNRC.org

info@AutismNRC.org

### Dosage Chart for ANRC Essentials Plus Powder

ANRC Essentials Plus is unflavored so that the powder can be easily mixed with your favorite juice or other drink (we suggest orange, mango or cranberry). Give a sip of pure juice, then the vitamin/juice mixture, then pure juice. High-dose vitamins/mineral supplements have a strong taste, but in a published study of a similar vitamin/mineral supplement, over 95% of the children and adults were able to take the supplement successfully.

“Tastes like a fiesta in my mouth”  
- young boy with ASD in ASU research study.

Vitamins and minerals are normally consumed as part of the food we eat. Therefore, vitamin/mineral supplements should always be taken with food, not on an empty stomach, to reduce the risk of stomach upset.

**We recommend starting at a low dose, and gradually increasing as tolerated.**

The Adams et al. 2012 study found that this dosing was optimal for most participants, but some did better at 50-75% of the final recommended dosage. Adjust the dosage to what works best for your child.

**Dosing can be 3x/day (preferred, since slightly better absorption) or 2x/day (almost as good).**

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<b>ANRC Essentials Plus Powder Dosage Chart 3X DAILY</b>	<b>Days 1-7</b>	<b>Days 8-14</b>	<b>Days 15-21</b>	<b>Days 22-28</b>	<b>Days 29+</b>
<b>Bodyweight 20-45 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	1/2	1/2	1/2	1/2
Lunch					1/2
Dinner			1/2	1/2	1/2
<b>Bodyweight 46-75 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	1/2	1/2	1	1
Lunch			1/2	1/2	1/2
Dinner		1/2	1/2	1/2	1
<b>Bodyweight 76-105 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	1/2	3/4	1	1 1/4
Lunch		1/2	3/4	1	1 1/4
Dinner	1/2	1/2	3/4	1	1 1/4
<b>Bodyweight 106+ Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	3/4	1	1 1/4	1 3/4
Lunch	1/2	3/4	1	1 1/4	1 3/4
Dinner	1/2	3/4	1	1 1/4	1 3/4

<b>ANRC Essentials Plus Powder Dosage Chart 2X DAILY (Optional)</b>	<b>Days 1-7</b>	<b>Days 8-14</b>	<b>Days 15-21</b>	<b>Days 22-28</b>	<b>Days 29+</b>
<b>Bodyweight 20-45 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	1/2	1/2	1/2	3/4
Dinner			1/2	1/2	3/4
<b>Bodyweight 46-75 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	1/2	3/4	1	1 1/4
Dinner		1/2	3/4	1	1 1/4
<b>Bodyweight 76-105 Lbs.</b>	<b>Scoop</b>				
Breakfast	1/2	3/4	1	1 1/2	2
Dinner	1/2	3/4	1	1 1/2	2
<b>Bodyweight 106+ Lbs.</b>	<b>Scoop</b>				
Breakfast	3/4	1	1 1/2	2	2 1/2
Dinner	3/4	1	1 1/2	2	2 1/2

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