

Supplement Facts

Serving Size: 2.5 Level Scoops (See dosage guide for dosing by body weight)
Servings Per Container: 30

	Amount Per Serving	% Daily Values for Adults and Children 4 or more years of age	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%	Magnesium (as DiMagnesium Malate, Magnesium Citrate and Magnesium Taurate)	200 mg 48%
Vitamin C (as Calcium Ascorbate)	300 mg	333%	Zinc (as Zinc Sulfate and Amino Acid Chelate)	15 mg 136%
Vitamin D3 (as Cholecalciferol)	62 mcg	313%	Selenium (80% as Selenomethionine, 20% as Sodium Selenite)	50 mcg 91%
Vitamin E (as 100 mg of mixed Tocopherols)	45 mg	300%	Manganese (as Manganese Aspartate)	0.5 mg 22%
Vitamin K (as K1 and K2)	300 mcg	250%	Chromium (as Chromium Picolinate)	70 mcg 200%
Vitamin B1 (as Thiamine Hydrochloride)	30 mg	2500%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B2 (Riboflavin)	40 mg	3077%	Potassium (as Potassium Chloride)	50 mg 1%
Vitamin B3 (as Niacin and Niacinamide)	40 mg NE	219%	Methylsulfonylmethane (OptiMSM®)	500 mg †
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine HCl)	40 mg	2353%	Co-Enzyme Q10	100 mg †
Folate (Methyltetrahydrofolate), (MTHF as Quatrefolic®)	600 mcg DFE	150%	N-Acetyl-L-Cysteine (NAC)	100 mg †
Vitamin B12 (as Hydroxycobalamin and Methylcobalamin)	600 mcg	25000%	L-Carnitine	300 mg †
Biotin	500 mcg	1667%	Nicotinamide Riboside	10 mg †
Vitamin B5 (Pantothenic Acid as Calcium-D-Pantothenate)	30 mg	600%	Nicotinamide Adenine Dinucleotide (NADH)	10 mg †
Choline (as Vitacholine® Choline Bitartrate)	250 mg	45%	Lithium (as Lithium Orotate)	350 mcg †
Calcium (from DimaCal® DiCalcium Malate, Calcium Ascorbate and Calcium Pantothenate)	200 mg	15%	Inositol	100 mg †
Iodine (as Potassium Iodide)	100 mcg	67%		

Other ingredients: Silica

Daily Values are based on a 2,000 calorie diet. †Daily Value (DV) not established.

ANRC Essentials Plus POWDER

DOSING GUIDE

Important to follow when starting.



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

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

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.