

Top Ten Recommendations for Nutritional Supplementation for Children and Adults with Autism/Asperger's

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1) Healthy Diet:

3-4 servings of healthy vegetables (esp. leafy greens)

1-2 servings of fruit (especially whole fruit)

1-2 servings of protein

Minimal sugar, junk food

Avoid artificial colors, flavors, preservatives

2) Trial of gluten-free, casein-free diet (1 month for casein, 3 months for gluten)

3) Vitamin/Mineral supplement: ANRC Essentials or similar brand

4) Check iron and Vitamin D status:

Iron: Low iron is especially common in individuals with sleep problems, young children, and females who are menstruating. Add iron if needed – but only if needed, as too much iron can also be a problem

Vitamin D: A blood test can detect if a person has low vitamin D - this is common if people have less than 1 hour/day of direct exposure to the sun. Windows, clothing, and sunscreen lotion block most of the sunlight needed to make vitamin D.

5) Essential Fatty Acids – especially needed if not eating 1 serving of fatty fish each week;

6) Amino Acids – especially if consuming insufficient protein

7) Carnitine – especially if not eating 2 or more servings/week of beef or pork

8) Digestive enzymes – especially if loose stools or gaseousness

9) Melatonin – if having problems sleeping

10) Trial of very high dose vitamin B6 with Mg (8 mg B6 per 10 pounds bodyweight, and half that for magnesium; i.e., for a 100 pound person, 800 mg B6 and 400 mg magnesium)

For more information on the treatments listed above, see Summary of Dietary, Nutritional, and Medical Treatments for Autism – based on over 150 published research articles – by James B. Adams, PhD., <http://autism.asu.edu>