

Omega 3 Fatty Acid (fish oils)

Look for EPA (eicosapentaenoic acid) higher than the DHA (docosahexaenoic acid), 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: minami-nutrition.com makes chewables MorEPA Chewy or the capsules PlusEPA or MorEPA minis.
- Omegabrite: 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 chewables.
- 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 are available.

Probiotics

- Suggested brands include Natren, Probiotic Pearls, Culturelle, Jarrow, Florastor. May also use Kefir or Dan-non 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 stools are loose 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.