

Getting Started with Supplements

New Patients – Gluten/Casein Free

This suggested protocol is for new patients (that are on or beginning the GFCF diet) that need to be started on a basic supplement program that will provide important nutritional, intestinal, and immune system support. The supplements listed below are included in the **Nutritional Support Starter Package** and are specially designed for children with special needs and can be implemented while waiting for lab testing to be completed. The following recommendations are for children 30 – 80 lbs and suggest the slow introduction of supplements so that parents can effectively identify any negative reactions.

NBN Basic Nutrients Plus – 2 capsules daily in divided doses
NBN Antioxidant Formula – 2 capsules daily in divided doses
Calcium/Magnesium Chewables – 3 tabs daily in divided doses
Carlson's Cod Liver Oil – 2 teaspoons daily in divided doses with food
Zinc Picolinate – 1-2 capsules daily at night (away from calcium)

Method – Begin taking supplements adding one at a time as suggested below*:

Day 1 – Begin with 1 cap Basic Nutrients Plus in a.m. given with food
Day 2 – Same as day 1
Day 3 – Add 1 cap (2 total), split doses in a.m. and p.m. with food
Day 4 – Same as Day 3
*If no negative side effects, continue to Day 5**
Day 5 – Add 1 cap Antioxidant Formula in a.m. given with food
Day 6 – Same as Day 5
Day 7 – Add 1 cap (2 total), split doses in a.m. and p.m. with food
*If no negative side effects, continue to Day 8**
Day 8 – Add 1 tsp Cod Liver Oil one time daily in a.m. with food.
Day 9 – Add 1 additional tsp. Cod Liver Oil (2 total) in p.m. with food
*If no negative side effects, continue to Day 10**
Day 10 – Same as day 9
Day 11 – Add 1 tab of calcium in am and one in pm (2 total)
Day 12 – Add third calcium, at night before bed.
*If no negative side effects, continue to Day 13**
Day 13 – Add 1 capsule zinc (25 mg given away from calcium)
*If no negative side effects, continue to Day 14**
Day 14 – Same as Day 13
*If no negative side effects, continue to Day 15**
Day 15 – Add the other 1 capsule zinc (50 mg total), if 50 mg daily of zinc is required.

The addition of a good probiotic (at least 20 billion cells/day) and additional 50-100 mg vitamin B-6 (given incrementally to determine the appropriate amount needed) is recommended as the next step in supplement therapy.