

Common Dietary Supplements

Riboflavin (vitamin B2) _____ **mg** _____ **time(s) per day**

- **What is it?** Riboflavin is a vitamin that helps the body turn food into fuel to provide energy. Vitamin B2 is important for maintaining healthy skin, healthy eyes, a healthy liver, and a healthy nervous system.
- **What do we use it for?** Riboflavin is often used to help prevent migraine headaches, muscle cramps, and carpal tunnel syndrome as well as boosting overall energy level.
- **How is it given?** Riboflavin is available in pill and liquid forms. The recommended dosage is 0.3-1.3mg/day depending on age. Higher doses are used for migraine prevention.

Melatonin _____ **mg** _____ **at bedtime**

- **What is it?** Melatonin is a hormone that is naturally produced by the body and helps regulate sleep-wake cycles. When it becomes dark outside, the body produces more melatonin to prepare for sleep.
- **What do we use it for?** Melatonin is used to help initiate sleep. The body requires sleep to function normally.
- **How is it given?** Melatonin is available in pill and liquid forms. The recommended dosage is 1mg-12mg, depending on age and size, before preparing for sleep.

Carnitine _____ **mg** _____ **time(s) per day**

- **What is it?** Carnitine is an amino acid found in most cells of the body. It helps change fat into energy. Our body makes carnitine in the liver and kidneys, or we can get it from food we eat.
- **What do we use it for?** Carnitine deficiency can be caused by a genetic problem, by a disease, or as a side effect of certain medicines. We recommend supplements for patients with certain mitochondrial disorders or other conditions that cause carnitine deficiency.
- **How is it given?** Carnitine is available in capsule and liquid forms. The recommended dosage is 50mg-300mg/kg/day. Your provider will instruct you on proper dosage.

Coenzyme Q10 (ubiquinone) _____ **mg** _____ **per day**

- **What is it?** Coenzyme is a substance found in nearly every cell in the human body. It enables the body to convert food into energy. It is a powerful, naturally occurring antioxidant.
- **What do we use it for?** We typically recommend it for patients with muscular dystrophy, Huntington's disease, Parkinson's disease, migraine headaches, and various mitochondrial disorders.
- **How is it given?** Coenzyme Q10 is available in liquid, chewable, and capsule forms.

Calcium _____ **mg** _____ **time(s) per day**

- **What is it?** Calcium is needed to build and maintain strong bones. It also helps the heart, muscles, and nerves function normally. We get calcium through our daily diet in foods like milk, cheese, yogurt, and green leafy vegetables.
- **What do we use it for?** Calcium is often recommended for patients who are taking medications that are known to decrease bone density, such as certain antiepileptic and antipsychotic medications. It is also recommended for children with muscle or bone disease.
- **How is it given?** Calcium is available in pill, chewable, and liquid forms. Your provider will recommend a proper dose.

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Omega-3 fatty acids _____ **mg** _____ **time(s) per day**

- **What is it?** Omega-3 fatty acids include ALA, DHA, and EPA. Omega-3 fatty acids are essential long-chain fatty acids we need to keep our brains and bodies working normally.
- **What do we use it for?** Omega-3s are thought to reduce inflammation throughout the body, boost heart health, lower triglycerides, and help with conditions such as depression and ADHD. Omega-3s may also improve cognition after head injury.
- **How is it given?** Omega-3s are available in a variety of oral forms, and each has different amounts of ALA, DHA, and EPA. Common dosing is 1000mg daily, although higher doses may be recommended.

Vitamin D _____ **mg** _____ **time(s) per day**

- **What is it?** Vitamin D is a nutrient that is primarily obtained from sunlight exposure. It is naturally present in only a few foods, although some products (such as milk, cereal, bread, and orange juice) may be fortified with vitamin D. Vitamin D promotes calcium absorption in the stomach and is important for bone health. Vitamin D is also important for neuromuscular and immune function and for reducing inflammation.
- **What do we use it for?** We may suggest vitamin D supplements for children with neurological issues who are deficient in this nutrient. Vitamin D levels are measured through blood draws.
- **How is it given?** Vitamin D is given orally. Supplements are available over the counter or by prescription if your child has a serious deficiency.

Magnesium oxide _____ **mg** _____ **time(s) per day**

- **What is it?** Magnesium oxide is a mineral the body needs to function normally. It is usually obtained through a regular diet. It promotes normal function of cells and allows nerves to communicate properly, muscles to function, bones to be strong, and the heart to beat at a normal rhythm.
- **What do we use it for?** Magnesium oxide is commonly used to treat constipation and heartburn but has also proven beneficial in patients with migraines, depression, and muscle cramps.
- **How is it given?** Magnesium is available in pill or dietary powder forms and should be taken with food to prevent upset stomach or diarrhea. The recommended dosage is 400mg-1000mg daily depending on age and situation. Your provider will recommend a specific dosage.

Vitamin B6 (pyridoxine) _____ **mg** _____ **time(s) per day**

- **What is it?** Vitamin B6 is a vitamin that performs a variety of functions in the body, but mainly it helps protein metabolism. Vitamin B6 is used by the body to make chemicals that carry signals from one nerve cell (neurotransmitter) to another. It allows for normal brain function and development.
- **What do we use it for?** Vitamin B6 supplementation may be recommended to improve cognitive function, mood, and behavior.
- **How is it given?** B6 is taken orally. The recommended dosage is 0.5mg-1.3mg daily, depending on age. Much higher doses may be used in certain circumstances.

Resources and References:

National Institutes of Health Office of Dietary Supplements: <https://ods.od.nih.gov>