
Support Supplements

There are four essential supplements which provide the base of support for our kids::

- Vitamin C:** 125- 1000mg (4 times per day:total 500-4000mg)
- Magnesium:** 75-150mg (4 times per day: total 300-600mg)
- Vitamin E:** 400-800 iu (can be given in 1 dose or multi-dosed)
- Zinc:** 1mg per pound of weight + 20 mg (can be given once or mutli dosed)

note: zinc on an empty stomach can cause nausea so give with food.

There are other supplements which are optional, but most children will do better while on them. A good quality Multi-vitamin will often provide most of the following recommended supps.

- Vitamin A:** 5,000-10,000 iu per day (do not count beta carotenes)
- B complex:** 12-25 mg per day of each of the B vitamins (divided into 3 doses)
- Calcium:** 5-20mg per pound (divided into 4 doses)
- Chromium:** 100mCg per day (for those with blood sugar issues use 100-20mCg per meal)
- Vitamin D3:** 1,000-2,000iu per day (children with very low D levels may need 5,000iu per day)
- Vitamin K:** 500-1000mCg per day (K1 or K2)
- Molybdenum:** 5-20mCg per pound (divided into 4 doses, do not use high doses with lead kids)
- Selenium:** 1-2 mcg per pound (divided into 3 doses)

Most children will also benefit from these additional support supplements:

- Essential Fatty Acids:** 1-3 TBLS per day
- Lecithin:** 1500-9000 mg per day
- Milk Thistle:** 20-80 mg 3-4 times per day (80% Silymarin)
- Probiotics:** *general rule-* about 30 billion CFUs before bed

Many children will also need the following which are dosed by need (see FAW chapter 11 & 12)

- Adrenal Cortex:** 1-8 caps per day as needed
- Antifungals:** dosed by need