

Supplement Information Guide

You can now order your own premium supplement at [Fullscript](#). Dr Paul can send you a custom recommendation after your office visit.

Fish oil

- Super EFA liquid:
 - ¼ teaspoon for preschool age
 - ½ teaspoon for school age
 - 1 teaspoon for teens/adults
- AlmsBio (either flavor):
 - 1 teaspoon for preschool age children
 - 2 teaspoon for school age children
 - 1 tablespoon for teens/adults
- Chewable lozenges or capsules are used as directed.
 - ProDHA is recommended for pregnant women and those with head injuries.

Vitamin D

- 1000iu- up to 40lbs.
- 2000iu- 40-60lbs.
- 3000iu- 60-100lbs.
- 5000iu- for teens and adults
- If needing a loading dose (one time dose), use 10,000iu capsules.
 - 100,000iu for school age children
 - 200,000iu for teens/adults

Vitamin C

- Use as directed
- ½ dose for preschool age children

Multivitamins

- Super NuThera vs Seeking Health MV+
 - Similar products except Super NuThera is cheaper, has no copper, and doesn't have preferred B12s.
- Frutol- Fish oil and multivitamin combination. Use as directed for children 4 years and older and adults.
 - ½ teaspoon for preschool age children.
- All others take as directed. If child is less than age on bottle than give half the dose.

Probiotics

- SacroB- for use when on antibiotics. Use as directed.
- HLC chewable- Use as directed for children 4 years and older.
- HMF Intensive and HMF Neuro are similar except HMF Neuro has Glutamine in it. Use as directed.
- HMF powder- For adults and children 1 year and older. Use as directed.
- HMF Natogen (for breastfed babies)-
 - Use as directed for children ages 1-4.
 - Infants can have an 1/8 teaspoon or “dip a wet pinky finger into the powder and give to baby directly into mouth twice a day”.

Iron (either brand)

- Maintenance dose
 - 1 teaspoon for all ages
- Deficiency dose
 - 1 teaspoon for preschool age children
 - 2 teaspoon for school age children and above

Vitamin B-12

- Chewable or capsules are use as directed.

Melatonin- start with smallest dose and increase as needed.

- School age children are not to exceed 5mg
- Teens/adults should not exceed 10mg

Cal:Mag Berry+- recommended for those with migraines, muscle spasm, and calcium needs.

- 1 teaspoon for preschool age children
- 2 teaspoon for school age children
- 1 tablespoon for teens/adults

Berberis- for blood sugar stability. Use as directed.

Ceralin Forte- good supplement for B vitamins and NAC (N-acetyl cysteine). Use as directed.

NuSera- recommended for anxiety. Use as directed and as needed.

Additional supplements are patient need specific and will be recommended and instructed by the provider (i.e. Seeking Health line, Bioenzymes, etc.).