SPECTRACELL LABORATORIES



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PEDIATRIC DIETARY SUGGESTIONS

NUTRIENT	0-2 YEARS	3-6 YEARS	7-11 YEARS
B1	10 mg	25 mg	50 mg
B2	10 mg	25 mg	25 mg
B3	10 mg TID	25 mg TID	50 mg TID
B6	5 mg	10 mg	25 mg
B12	50 mcg	100 mcg	500 mcg
Folate	400 mcg	400 mcg	800 mcg
Pantothenate	100 mcg	250 mcg	5200 mcg
Biotin	100 mcg	250 mcg	500mcg
Copper	100 mcg	200 mcg	500 mcg
Chromium	20-50 mcg	30-80 mcg	50-200 mcg
Serine	100 mg BID Phosphatidyl serine	250 mg L-Serine	500 mg L-serine
Glutamine	200 mg TID	500 mg TID	1000 mg TID
Asparagine	500 mg	500 mg BID	500 mg TID
Choline (Choline Bitartrate, Citrate or Chloride Salts)	100 mg	250 mg	250 mg BID
Inositol	250 mg	500 mg	1000 mg
Oleic Acid (Olive Oil)	1 tsp	1 tbsp	2 tbsp
Zinc	5 mg	10 mg	10 mg
Vitamin A (from Cod Liver Oil)	500 IU	1000 IU	1500 IU
Insulin	Replace intake of foods with high glycemic index (sugar, white flour) with whole foods (fruit, vegetables, whole grains, legumes).		
Fructose	Avoid concentrated sweet foods with table sugar (sucrose), corn syrup, fruit juice concentrates, fructose, and foods rich in these ingredients. Whole fresh fruits are acceptable.		
Calcium (Citrate, Malate, Ascorbate or Glycinate)	300 mg	500 mg	500 mg
Magnesium (Citrate, Malate, Aspartate, Lysinate or Glycinate)	100 mg	150 mg	200 mg
Vitamin D3 (Cholecalciferol)	100 IU	200 IU	200 IU
Vitamin E (Mixed Tocopherols)	20 IU	40 IU	60 IU
Selenium (Glycinate or Selenomethionine)	25 mcg	50 mcg	100 mcg
Lipoic Acid	20 mg	20 mg	50 mg
Coenzyme Q10	10 mg	20 mg	30 mg
Carnitine	Data not available	50 mg	250 mg
Glutathione (N-AcetylCysteine)	50 mg	50 mg	100 mg
Cysteine (N-AcetylCysteine)	50 mg	50 mg	100 mg
Vitamin C	50 mg	200 mg	200 mg
Vitamin K2	No suggestion	No suggestion	No suggestion

Please note: Supplementation is usually for four to six months to effect the repletion of a functional deficiency in lymphocytes.

Suggestions for supplementation with specific micronutrients must be evaluated and approved by the attending physician. This information is not intended to treat or diagnose any condition. This decision should be based on the clinical condition of the patient and the evaluation of the effects of supplementation on current treatment and medication of the patient.

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