

Treatment Dosing Recommendations

SUPPLEMENTS					
Name	Company	dose < 6 yo	dose 6-12	dose 12+	Notes
Magnesium glycinate (120 mg)	Pure Encapsulations or equivalent			240 mg twice daily	
Magnesium chloride liquid	New Beginnings or equivalent	10 mg daily	50-100 mg twice daily		
Zinc picolinate (15 mg)	Pure Encapsulations or equivalent	Not recommended	15 mg twice daily	30 mg twice daily	Long-term use of zinc over 40 mg can cause copper deficiency. Monitor copper levels or zinc levels should eventually be reduced to 15 mg twice daily.
Vitamin D Supreme (5000 iu)	Designs for Health or equivalent	Based on testing	Based on testing	Based on testing	5000 iu daily is a common dose based on testing
DopaPlus	Pure Encapsulations	1-2 caps twice daily	1-2 caps twice daily	1-2 caps twice daily	Start 1 pill twice daily for two weeks, if needed, increase
Amino Replete	Pure Encapsulations	1-2 scoops daily	1-2 scoops daily	1 scoop twice daily	Take away from food
SeroPlus	Pure Encapsulations	1 cap daily	1 cap daily	1 cap twice daily	Always start with one cap and increase if needed
Curcumasorb Mind	Pure Encapsulations	1 cap twice daily	1 cap twice daily	1 cap twice daily	
B-complex plus	Pure Encapsulations or equivalent	1 cap daily	1 cap daily	1 cap twice daily	
Rhodiola extract (100 mg)	Pure Encapsulations or equivalent	1-3 caps daily	1-3 caps daily	1-3 caps daily	Start 1 cap for two weeks and increase if needed
Probiotic (20 billion CFUs)	Pure Encapsulations or equivalent	Max dose 2 caps twice daily	Max dose 2 caps twice daily	Max dose 2 caps twice daily	Higher doses are used for positive HPHPA testing
<i>Saccharomyces boulardii</i> (5 billion CFUs)	Pure Encapsulations or equivalent	Max dose 2 caps twice daily	Max dose 2 caps twice daily	Max dose 2 caps twice daily	Higher doses are used to treat candida
Omega 3 and 6, EPA/DHA/GLA	Equazen Pro SFI Health	1-2 softgels	3 softgels	3-6 softgels	Higher doses are used if testing shows a deficiency
Lithium Orotate	Pure Encapsulations or equivalent	1 mg daily	1 mg daily	5 mg daily	Start 2mg and increase slowly
Gluten/Dairy Digest (Digestive Enzymes)	Pure Encapsulations or equivalent	2 caps with meals/snacks	2 caps with meals/snacks	2 caps with meals/snacks	
Sonic Cholesterol	New Beginnings	Max dose 6 caps per day	Max dose 6 caps per day	Max dose 6 caps per day	Dosing is based on testing showing low cholesterol

Lab Test Recommendations

PSYCHIATRY REDEFINED

TESTS			
Tests Name	Company	Cost	Notes
Organic Acid Test (OAT)/MOAT	Mosiac/Great Plains	\$270/\$190	HPHPA can indicate clostridia overgrowth, arabinose can indicate candida
IgG food sensitivities	Various labs	\$100-\$400	Do trial elimination diet based on results
Trace mineral hair analysis	Doctor's Data	\$79	Can help identify nutrient deficiencies or elevated copper and other toxicities
Kryptopyrroles	DHA Labs	\$119	High kryptopyrroles indicates a need for vitamin B6 and zinc
Blood Labs			
B12	Quest/Labcorp	\$10	
Folate	Quest/Labcorp	\$13.50	
Homocysteine	Quest/Labcorp	\$20	
Vitamin D	Quest/Labcorp	\$20	
TSH	Quest/Labcorp	\$8	
Ferritin	Quest/Labcorp	\$12	
Magnesium	Quest/Labcorp	\$6.50	
Zinc	Quest/Labcorp	\$15	
Copper	Quest/Labcorp	\$6	
Fatty acid profile	OmegaQuant	Basic, Plus, and Full (\$50 - \$100)	

*Rupa Health (Distributes most lab tests)

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