

# BrainChild Nutritionals

## Spectrum Support Dosage Chart

*For Spectrum Support I, II, II with PAK and III™, vitamins and minerals, Ultra-Sensitive, Advanced Sensitive, and Mega-Minerals, in liquids and liquid-caps.*

### LIQUIDS:

**REFRIGERATE LIQUIDS AFTER OPENING! Shake bottle for 10 seconds before each use.**

**Opened supplements will remain fresh for approximately 3 months in the refrigerator.**

Vitamins and minerals can be mixed together, and taken either straight or mixed with juice. This is done three times a day with food (a protein-rich snack or meal is preferred). They can be diluted or mixed with water, milk, or any other drink. Organic unfiltered pear juice is one of our favorite juices to use, as it provides a great flavor, and is also low in natural sugars. An alternate dosing method for optimum absorption is to give the minerals 20-30 minutes before the meal and the vitamins 20-30 minutes after. To avoid possible sleep issues due to over stimulation, the last dose of vitamins should be given at least 2 hours before bedtime.

**Close cap tightly, refrigerate, and keep bottle neck and cap clean.**

### LIQUID-CAPS:

**NO REFRIGERATION REQUIRED. Supplements may be used until the expiration date on the bottom of the bottle.**

Vitamins and minerals can be taken together with a meal. An alternate dosing method, for optimum absorption is to give the minerals 20-30 minutes before the meal, and vitamins 20-30 minutes after. Store in a cool, dry place.

#### LIQUIDS

Give this much **three times** a day with food.

Body weight in pounds	Part A - Vitamins	Part B - Minerals
20-25	1/2 tsp*	1/2 tsp*
25-30	3/4 tsp	3/4 tsp
30-35	1 tsp	1 tsp
35-40	1 ¼ tsp	1 ¼ tsp
40-45	1 ½ tsp	1 ½ tsp
45-50	1 ¾ tsp	1 ¾ tsp
50-60	2 tsp	2 tsp
60-70	2 ¼ tsp	2 ¼ tsp
70-80	2 ½ tsp	2 ½ tsp
80-90	2 ¾ tsp	2 ¾ tsp
90-100	3 tsp	3 tsp
100-125	3 ¼ tsp	3 ¼ tsp
125-150	3 ½ tsp	3 ½ tsp
150-175	3 ¾ tsp	3 ¾ tsp
175-200+	4 tsp	4 tsp

#### What Dose Should I Start With?

Start liquid vitamins and minerals at the same time, on the following schedule. For Liquid-Caps, start at 1 a day, and increase every few days until at full dose.

Day 1-4: 1/8 of suggested dosage  
 Day 5-8: 1/4 of suggested dosage  
 Day 9-12: 1/2 of suggested dosage  
 Day 13-16: 3/4 of suggested dosage  
 Day 17 on full dosage

#### DO NOT BEGIN WITH THE FULL DOSE

These formulas contain safe but higher levels of some B vitamins and some minerals than your child may be used to. Easing into the supplementation gradually gives your child's metabolism time to adjust, acclimate to, and properly utilize the nutrients in the formula.

#### LIQUID-CAPS

Give this many liquid-caps **per day**, divided into 2 or 3 doses. For uneven doses, take more in the morning.

Body weight in pounds	Part A - Vitamins	Part B - Minerals
25-30	2 caps	2 caps
30-35	3 caps	3 caps
35-40	4 caps	4 caps
40-50	5 caps	5 caps
50-60	6 caps	6 caps
60-70	7 caps	7 caps
70-90	8 caps	8 caps
90-110	9 caps	9 caps
110-125	10 caps	10 caps
125-150	11 caps	11 caps
150-200+	12 caps	12 caps

*Use only as directed and keep out of reach of children. Discontinue use in the presence of any allergic or other sustained adverse reactions and consult your health care practitioner immediately.*

# BrainChild Nutritionals

## How to Switch Formulas

Instructions on how to switch between two different BrainChild vitamin/mineral formulas, or from another type of vitamin/mineral product to BrainChild.

This is the transition schedule to use when switching between two of our Spectrum Support vitamin and mineral formulas, or to switch from another brand of vitamin supplement to ours. It is a gradual process, in which you will phase out the old formula while gradually starting the new one. To keep things simple, the suggested dosage for each body weight is the same for all Spectrum Support Formulas.

It is important to allow for a gradual transition between formulas to allow the body to better accommodate and utilize the new and higher doses of some of the nutrients in the upper tier formulas. This whole transition process takes 16 days, so be sure to have enough of your old formula on hand to accommodate for your needs for both formulas through the transition period.

### Transition Schedule

Day	Old Formula	New Formula
1 - 4	7/8 regular dose	1/8 suggested dose
5 - 8	3/4 regular dose	1/4 suggested dose
9 - 12	1/2 regular dose	1/2 suggested dose
13 - 16	1/4 regular dose	3/4 suggested dose
17 on	None	Full suggested dose

#### Example:

If your child has been taking two teaspoons each of SSII liquid vitamins and minerals with each meal, and you wish to give the same dosage of SSIII, then your transition schedule would look like the one below.

Day	Old Formula (SSII)	New Formula (SSIII)
1 - 4	1¾ tsp vitamins, 1¾ tsp minerals	¼ tsp vitamins, ¼ tsp minerals
5-8	1½ tsp vitamins, 1½ tsp minerals	½ tsp vitamins, ½ tsp minerals
9-12	1 tsp vitamins, 1 tsp minerals	1 tsp vitamins, 1 tsp minerals
13-16	½ tsp vitamins, ½ tsp minerals	1½ tsp vitamins, 1½ tsp minerals
17 on	None	2 tsp vitamins, 2 tsp minerals (full dose)

If your child is taking a dose smaller than 1 teaspoon per meal, then we suggest that you begin with 1/8 teaspoon each of vitamins and minerals for the first four days, then 1/4 teaspoon for days five through eight, and then start increasing the new formula and decreasing the old formula according to the above schedule.

Adults should use the same transition process, to ensure optimal utilization.

### Switching to Liquid-Caps

For all liquid-caps, one capsule is equal to 1 teaspoon of our liquids. Please start with 1 liquid-cap a day, in the morning of the new vitamins and minerals, and gradually increase to the full suggested dose, while gradually decreasing the dosage of the old ones over approximately two weeks.