

BrainChild Nutritionals

How to Switch Formulas

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

If you are now preparing to transition from either one Spectrum Support formula to another, or from another targeted vitamin/mineral supplement, here is a transition schedule to phase out the old formula while gradually phasing in the new one. In order to make your life less complicated, the suggested dosage quantities for specific body weights do not change as you transition between different 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 tsp. each of SSII 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 tsp. of the supplement (visually approximated) for the first four days as your initial dose, then 1/4 tsp. 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 formula to ensure optimal utilization.