

BrainChild Nutritionals

Start-Up Suggestions for Extra-Sensitive Children

When introducing any of our vitamin/mineral formulas to children with a particularly high level of sensitivity, a conservative approach is often indicated. The following approach has been found to be highly effective for introducing our supplements in such situations. This is also the approach we recommend if sensitivity is encountered while using the regular start-up schedule outlined on the dosage chart (after first taking a one-week break from the supplements).

This schedule is a much slower, more conservative version of the regular schedule, designed for those children who have the greatest challenge adapting to new nutrients. You will start by giving the Minerals (Part B) only, three times a day, at one-eighth of the suggested dosage. Assuming this goes well, after getting Minerals well-established, you will begin very slowly adding the Vitamins (Part A). The mineral formula is generally found to be a very calming supplement, and serves to build a firm “foundation” to which vitamins can be carefully added. Introduction of the supplements, especially the vitamins, can be slowed down further if you feel it is indicated. A negative reaction to vitamins, when used on this schedule, probably indicates that a less intense formula should be tried (i.e. if you are using Spectrum Support II, switch down to Spectrum Support I instead). If indicated, we can send you trial size samples of other vitamin formulas, as part of this process, to allow you to try both formulas and figure out which one is the best fit for the individual child. Please feel free to call us if we can support you in any way while you are in the process of introducing our supplements.

If your child is taking a dose smaller than one teaspoon per meal, then we suggest that you begin with one-eighth teaspoon of the supplement (visually approximated) for the first four days as your initial dose, and work up slowly from there if that amount is well-tolerated.

SENSITIVE KIDS START-UP SCHEDULE		
Day	Minerals	Vitamins
1 – 4	1/8 suggested dose	None
5 – 8	1/4 suggested dose	None
9 – 12	1/2 suggested dose	None
13 – 16	3/4 suggested dose	1/8 suggested dose
17 – 20	Full suggested dose	1/4 suggested dose
21 – 24	Full suggested dose	1/2 suggested dose
25 – 28	Full suggested dose	3/4 suggested dose
29 on	Full suggested dose	Full suggested dose