

Transforming Autism Workshop 2.0: A Live, Interactive Event

Supplements for Speech

By Luminara Serdar



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Please note... While some supplements are great for one person, they may not be good for another.

Always work with a professional who can do diagnostic tests and assessments for your child to determine the supplements that will work best for your child's individual body's needs.

You should consult with your doctor, nutritionist, naturopath or other professional for the appropriate dosage of all supplements, which will depend on age, weight and sensitivity.

Supplements may be purchased through the links below. For the supplements listed in the Fullscript online dispensary, you'll need to create an account if you don't already have one.

**Go here to set up your account:
<https://us.fullscript.com/welcome/autismtransformed>**

Supplements for Speech

1 Brain Boost Magnesium from Jigsaw Health



Jigsaw Brain Boost utilizes Magnesium L-Threonate, which has been shown to cross the blood brain barrier to support brain health.

2 Super Serotonin Support from Spectrum Awakenings



A chewable 5-HTP is a precursor to the neurotransmitter serotonin, whose increased levels may contribute to better speech.

3 Injectable Methyl B12



This compound is obtained through your prescribing doctor at a compounding pharmacy only. It has been demonstrated to help tremendously with speech development.

4 Fish Oil from Barlean's



Omega-3 fatty acids from fish oil support brain cell membrane function, allowing nutrients into cells, and toxins to easily pass out, potentially contributing to improved speech.

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Methyl Guard Plus from Thorne



Methylation of key enzymes is important for detoxification and building neurotransmitters, as well as for facilitating other biochemical processes involving cardiovascular health, eye health, muscle health, and bone health.

6

Neuroprotek from Algonot



NeuroProtek®, a formula derived from many research studies, uses a combination of the purest flavonoids that help reduce brain inflammation. Reducing brain inflammation, may contribute to better speech.

7

Pharma GABA from Designs for Health



PharmaGABA™ is a naturally-sourced, bioidentical GABA (gamma-aminobutyric acid). GABA is a naturally occurring inhibitory amino acid in the brain. This means it is a calming agent for the body, helping to combat stress and anxiety by calming the brain.

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