

Transforming Autism Workshop 2.0:

A Live, Interactive Event

15 Best Supplements for Autism

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 those on 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>**

15 Best Supplements for Autism

THE BEST SUPPLEMENTS FOR OVERALL HEALTH

1

Tri-Mag
Magnesium
from
DaVinci Labs



A combination of 3 absorbable forms of magnesium, which are used in over 600 biochemical reactions in the body.

2

Zinc Liquid
from Pure
Encapsulations



Supports immune system and digestion, helps taste buds work properly, also used in about 300 biochemical reactions.

3

Vitamin
D3 and K2
Gummies
from Nordic
Naturals



Vitamins D3 and K2 help boost the immune system, as well as support healthy bones and calcium balance.

4

Vitamin C
Powder
from Designs
for Health



Vitamin C supports the immune system and high doses can be used to help constipation.

5

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.

FOR HELPING WITH CALM

6 Glycine Powder from Vital Nutrients



Maintains healthy nervous system, supports healthy neural development, helps heal the gut.

7 Pharma GABA from Designs for Health



GABA is a naturally occurring inhibitory neurotransmitter in the brain, a calming agent for the body, helping to combat stress and anxiety.

FOR BRAIN HEALTH

8 NeuroMag from Designs for Health



Magnesium L-threonate, the form of magnesium shown to cross the blood brain barrier to feed chemical reactions in neurons.

9 Liposomal Methyl B Complex from Quicksilver Scientific



Supports both methylation and detoxification. In liposomal form it is easily absorbed.

FOR SLEEP

10 Melatonin Liposomal Spray from DaVinci Labs



Fast-absorbing melatonin helps bring on sleep and helps detoxify the brain.

11 Insomnitrol Chewables from Designs for Health



Calming herbs and supplements that promote the natural ability to fall asleep and stay asleep.

15 Best Supplements for Autism

FOR GUT HEALTH

12

Just Thrive Probiotic



Supports digestive, immune, and total-body health. Helps balance the gut microbiome to improve inflammation, constipation, nutrient absorption.

13

Natural Calm, Magnesium Citrate



Magnesium citrate is most helpful for constipation, helping to get the bowels moving.

14

GI Detox Binder from Biocidin Botanicals



Binds various toxins in the gut, helping to eliminate the chemicals that contribute to stimming, anxiety, moods and tantrums.

15

Kids Digest Chewables Digestive Enzymes from Enzymedica



Provides digestive enzymes that help the body break down the components of a meal, so they are better available to be absorbed and nourish the whole body.

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