

Frequently Used Products for Down Syndrome

The following products are often used as nutritional support for children and adults with Down Syndrome:

Nutrivene-D^{®1} Complete Program

Includes Daily Supplement, Daily Enzyme, and NightTime Formula

DHA/EPA (Omega-3 fatty acids)

Ginkgo Biloba

Nutrivene[®] Longvida^{®2} Curcumin

Green Tea Extract/EGCG (Epigallocatechin gallate)

Probiotic

Acetams (like Piracetam, Pramiracetam) may be used early on. For more information on prescription medications consult your physician or other healthcare practitioner.

Example Supplement Schedules

Example 1

Example 2

Morning	Daily Supplement, Daily Enzyme, DHA/EPA, EGCG, Ginkgo Biloba, Probiotic	Daily Supplement, Daily Enzyme, DHA/EPA, EGCG, Ginkgo Biloba, Probiotic
Mid-Day	Daily Supplement, Daily Enzyme	_____
Afternoon	Daily Supplement, Daily Enzyme, DHA/EPA, EGCG, Ginkgo Biloba, Probiotic	Daily Supplement, Daily Enzyme, DHA/EPA
Evening	NightTime Formula, Curcumin (Up to 1 hr before bedtime)	NightTime Formula, Curcumin (Up to 1 hr before bedtime)

Nutrivene-D Products: Dose based upon weight. Follow dosage on bottle labels and in directions for use. Do not use Nutrivene-D Daily Enzyme if gastroesophageal reflux is present.

DHA/EPA Products: Choose high quality products that meet or exceed national and international standards for purity and are tested for peroxides, heavy metals, and dioxins by a third party. Follow manufacturer's dosing directions on bottle.

Ginkgo Biloba: Typical use is 5.5 mg per kilogram of body weight for children ages 3 and older

Green Tea Extract/EGCG: Typical use is 15 mg per kilogram of body weight for children ages 3 and older

Curcumin: Typical use is 300-600 mg

Probiotic: Follow directions for use from manufacturer

Warnings: Omega-3 fatty acids may increase the blood thinning effects of aspirin or warfarin. While the combination of aspirin and omega-3 fatty acids may actually be helpful under certain circumstances (such as heart disease), they should only be taken together under the guidance and supervision of a healthcare provider. Ginkgo biloba should not be used by individuals undergoing blood thinning therapy, those with bleeding issues, or individuals undergoing surgery. Do not take if suffering from a biliary tract obstruction. Curcumin may enhance the actions of anti-platelet drugs, warfarin, and anti-inflammatory agents.

You should seek the advice of your healthcare provider before using any dietary supplements. The information contained here is for informational purposes only and is not a substitute for medical advice. If you have any questions about any medical matter and dietary supplements, you should consult your doctor or professional healthcare provider.

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² Longvida is a registered trademark of Verdure Sciences, Inc.