

**TRISOMY 21 RESEARCH FOUNDATION
RECOMMENDED PROTOCOL FOR DOWN SYNDROME**

Trisomy 21 Research recommends the following products as nutrition and/or drug therapy for infants, children, and adults with Down Syndrome.

- NuTriVene-D^{®1} or NuTriVene-AD[®] (Adult Formula) Complete Program
-includes Daily Supplement, Daily Enzyme, and NightTime Formula
- Vitamin D
- DHA/EPA
- Ginkgo Biloba
- Nutrivene[®] Longvida^{™2} Curcumin
- Probiotic
- Piracetam* and/or Cholinesterase Inhibitor Drug* Aricept^{®3} or N-Methyl-D-Aspartate (NMDA) Receptor Antagonist Drug Namenda^{®4}

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EXAMPLE SCHEDULE - 3X/DAY

- Morning** Daily Supplement, Daily Enzyme, Vitamin D, DHA/EPA, Ginkgo Biloba, Probiotic, Piracetam and/or C.I. Drug or NMDA Drug
- Mid-Day** Daily Supplement, Daily Enzyme
- Afternoon** Daily Supplement, Daily Enzyme, DHA/EPA, Ginkgo Biloba, Probiotic, Piracetam and/or C.I. Drug or NMDA Drug
- Evening** NightTime Formula, Curcumin (up to 1 hour before bedtime)

EXAMPLE SCHEDULE - 2X/DAY (ALTERNATIVE)

- Morning** Daily Supplement, Daily Enzyme, Vitamin D, DHA/EPA, Ginkgo Biloba, Probiotic, Piracetam and/or C.I. Drug or NMDA Drug
- Afternoon** Daily Supplement, Daily Enzyme, DHA/EPA, Piracetam and/or C.I. Drug or NMDA Drug
- Evening** NightTime Formula, Curcumin (up to 1 hour before bedtime)

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NuTrivene-D or NuTriVene-AD Products

Dosed 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.

Vitamin D

Recommended dosage is 1000 IU for children under 6 and 2000 IU for patients 6 years of age and older, including what is found in the Nutrivene-D Daily Supplement.

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.

<u>Infant</u> (1-18 months)	5 – 10 lbs	200 mg DHA	<u>Adults</u> (over 15 years)	650 mg DHA/EPA
	10 – 15 lbs	350 mg DHA		220 mg DHA - minimum
				220 mg EPA – minimum
<u>Children</u>	20 – 40 lbs	300 mg DHA/EPA	<u>Lactating Women</u>	650 mg DHA
	40 – 60 lbs	600 mg DHA/EPA		
	60 – 80 lbs	900 mg DHA/EPA		
	80 – 100 lbs	1200 mg DHA/EPA		
	100 – 120 lbs	1500 mg DHA/EPA		
	120 – 140 lbs	1800 mg DHA/EPA		
	140 – 160 lbs	2100 mg DHA/EPA		

Ginkgo Biloba: Recommended dosage is 5.5 mg per kilogram of body weight for children over 3 years of age.

Curcumin: Recommended dosage is up to 2000 mg for all ages.

Probiotic: Follow directions for use from manufacturer.

Piracetam*: Recommended dosage is 75 mg per kilogram of body weight.

Aricept*: Recommended dosage is 5 mg (up to 10 mg) daily for patients over 13 years of age.

Namenda*: Follow dosing as recommended by your medical practitioner.

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. Curcumin may enhance the effects of anti-platelet drugs, high doses of non-steroidal anti-inflammatory drugs, and warfarin. Do not take if suffering from a biliary tract obstruction or if taking a steroidal anti-inflammatory like prednisone.

*Optional
¹Nutrivene is a registered trademark of International Nutrition, Inc.
²Longvida is a trademark of Verdure Sciences, Inc.
³Aricept is a registered trademark of Eisai Co., Ltd.
⁴Namenda is a registered trademark of Forest Laboratories, Inc.