**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® Curcumin
  - Probiotic
  - Piracetam* and/or Cholinesterase Inhibitor Drug* Aricept®3 or N-Methyl-D-Aspartate (NMDA) Receptor Antagonist Drug Namenda®4

*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)

**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.

**Infant** (1-18 months)
- 5 – 10 lbs 200 mg DHA
- 10 – 15 lbs 350 mg DHA

**Children**
- 20 – 40 lbs 300 mg DHA/EPA
- 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.

---

Trisomy21Protocol0211