

**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<sup>®1</sup> or NuTriVene-AD<sup>®</sup> (Adult Formula) Complete Program  
-includes Daily Supplement, Daily Enzyme, and NightTime Formula
- DHA/EPA
- Ginkgo Biloba
- Probiotic
- Piracetam\* and/or Cholinesterase Inhibitor Drug\* Aricept<sup>®2</sup> or N-Methyl-D-Aspartate (NMDA) Receptor Antagonist Drug Namenda<sup>®3</sup>

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**EXAMPLE SCHEDULE - 3X/DAY**

- Morning** Daily Supplement, Daily Enzyme, 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 (up to 1 hour before bedtime)

**EXAMPLE SCHEDULE - 2X/DAY (ALTERNATIVE)**

- Morning** Daily Supplement, Daily Enzyme, 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 (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.

**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. We recommend Nordic Naturals<sup>®</sup>, Longevity Science<sup>®</sup>, and Neuromins<sup>®</sup> brands.

<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>	300 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 60 mg for children 6 to 12 years of age and 120 mg for patients over 12 years of age.

**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.

**WARNING:**

*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.*

\*Optional

<sup>1</sup>Nutrivene is a registered trademark of International Nutrition, Inc.

<sup>2</sup>Aricept is a registered trademark of Eisai Co., Ltd.

<sup>3</sup>Namenda is a registered trademark of Forest Laboratories, Inc.