

	44 lbs / 20 kg	88 lbs / 40 kg	ADULT 132 lbs. ⁶⁰
Folic Acid (B9) START / MAX Mild / SEVERE	800 mcg - 2400 mcg	1200 - 3600 mcg	1600 - 4800 Bi mcg
NIACINAMIDE VIT B-3 mg START / MAX	250 - 500 BID	250 - 750 BID	250 - 1000 mg Bli
B12 START / MAX mcg	500 - 1000 BID	750 - 1000 BID	1000 - 1500 BID
Molybdenum STANDARD	50	75	100
↑ Cu Mcg	100	150	250 (200 bc art)
SELENIUM STANDARD	50	75	100
HEAVY METALS (kg)	100	150	200
CHROMIUM	50	75 - 100	150 - 200
ACETYL-L-CARNITINE mg	250 qd - BID	250 qd - BID	500 qd - BID
L-Tyrosine mg AS A SEPARATE	500 BID	500 - 1000 BID	500 - 1500 BID
Co-Q10	30 mg	30 mg	60 + mg
POICES? NIACINAMIDE	500 mg = VIT C 1 BID	1 BID - TID	1 - 4 up to TID
DMAE	50 mg	75 mg	100 mg

	44 lbs / 20 kg	70 kg 88 lbs	60 kg ADULT 132 lbs	
<u>Zinc Defic</u>	mild	25 mg	50	75
	MOD	50 mg	75	100
	SEVERE	75 mg	100	125
<u>Vit B6</u>	100 mg	200	250 (MAX DOSE 500 mg)	
<u>PSP</u> pyrrole Disorder = 2x effective dose	25	25-50	50 mg	
<u>Vit C</u>	250 mg	500 mg	1000 mg BID	
<u>Vit E</u>	100	200	400 qd	
<u>Vit A</u>	5000 IU AM			
<u>MAG. (GLYCINATE)</u>	100	100	100	
<u>MAG. OXIDE</u>	150	175	175-200 (CONSTIP)	
<u>Manganese</u>				
↑ HIST:	2 1/2 - 5.0 mg	5.0 mg	5-10 mg.	
↓ HIST:	5.0	7.5	10.0 - 20.0	
↑ Cu	5.0	7.5	10.0 - 20.0	
<u>PERINE</u>	250 mg	250-400 mg	500 mg	
<u>METHIONINE</u> START/MAX	200/500 mg BID	200/750 mg BID	500/1500 BID	

↑ Homocysteine (5)

options: FOLIC ACID 500mcg BID x 1 MONTH
B12 - 2000 mcg in A.M. x 1 MONTH
SERINE 250mg (child) or 500mg (ADULT).

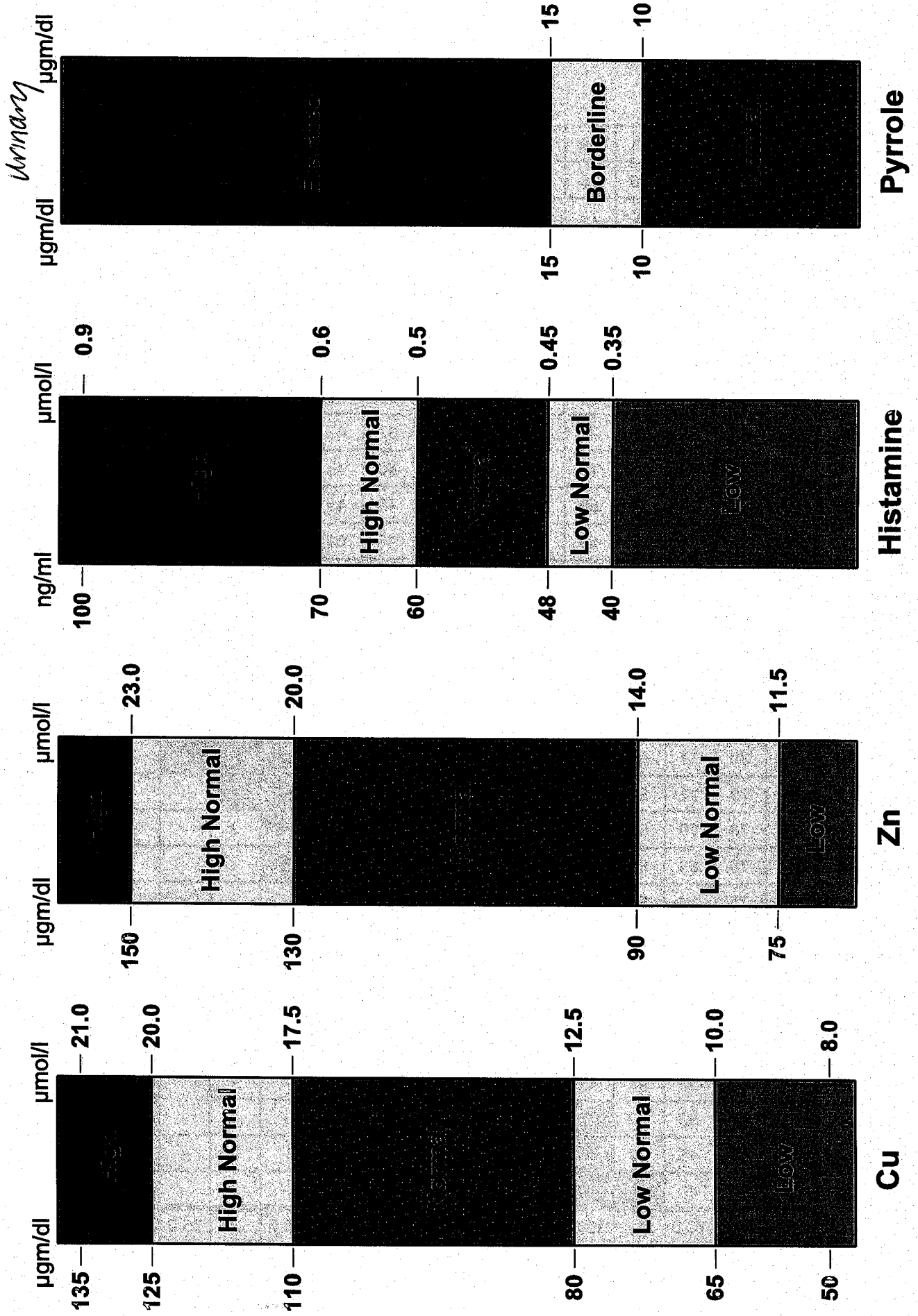
LI OROATE - ELEMENTAL ~ 5mg 1 CAP BID
age \geq 7yrs old.

- ADULTS 1-2 CAP BID

* DO NOT USE w/ INOSITOL OR SEIZURE DISORDERS.

ANTIOXIDANTS: A, C, E, Selenium, Chromium, Moly B

REFERENCE LEVELS FOR AUSTRALIA AND USA LABS



µmol/L | mcg/dL

Cu [Aus] | Cu [US]

% FREE COPPER

31.5	200	93	89	85	81	78	74	70	66	63	59	55	51	48	44	40
29.9	190	92	88	84	80	76	72	68	64	61	57	53	49	45	41	37
29.1	185	92	88	84	80	76	72	68	64	59	55	51	47	43	39	35
28.3	180	92	88	83	79	75	71	67	63	58	54	50	46	42	38	33
27.5	175	91	87	83	78	74	70	66	61	57	53	49	44	40	36	31
26.8	170	91	87	82	78	74	69	65	60	56	51	47	43	38	34	29
26.0	165	91	86	82	77	73	68	64	59	55	50	45	41	36	32	27
25.2	160	91	86	81	76	72	67	63	58	53	48	44	39	34	30	25
24.4	155	90	85	81	76	71	66	61	56	52	47	42	37	32	27	23
23.6	150	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20
22.8	145	90	84	79	74	69	64	59	53	48	43	38	33	28	22	17
22.0	140	89	84	79	73	68	63	57	52	46	41	36	30	25	20	14
21.2	135	89	83	78	72	67	61	56	50	44	39	33	28	22	17	11
20.5	130	88	83	77	71	65	60	54	48	42	37	31	25	19	13	8
19.7	125	88	82	76	70	64	58	52	46	40	34	28	22	16	10	4
18.9	120	88	81	75	69	63	56	50	44	38	31	25	19	13	6	-
18.1	115	87	80	74	67	61	54	48	41	35	28	22	15	9	2	-
17.3	110	86	80	73	66	59	52	45	39	32	25	18	11	5	-	-

µmol/L | mcg/dL

Cu [Aus] | Cu [US]

% FREE COPPER

31.5	200	93	89	85	81	78	74	70	66	63	59	55	51	48	44	40
29.9	190	92	88	84	80	76	72	68	64	61	57	53	49	45	41	37
29.1	185	92	88	84	80	76	72	68	64	59	55	51	47	43	39	35
28.3	180	92	88	83	79	75	71	67	63	58	54	50	46	42	38	33
27.5	175	91	87	83	78	74	70	66	61	57	53	49	44	40	36	31
26.8	170	91	87	82	78	74	69	65	60	56	51	47	43	38	34	29
26.0	165	91	86	82	77	73	68	64	59	55	50	45	41	36	32	27
25.2	160	91	86	81	76	72	67	63	58	53	48	44	39	34	30	25
24.4	155	90	85	81	76	71	66	61	56	52	47	42	37	32	27	23
23.6	150	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20
22.8	145	90	84	79	74	69	64	59	53	48	43	38	33	28	22	17
22.0	140	89	84	79	73	68	63	57	52	46	41	36	30	25	20	14
21.2	135	89	83	78	72	67	61	56	50	44	39	33	28	22	17	11
20.5	130	88	83	77	71	65	60	54	48	42	37	31	25	19	13	8
19.7	125	88	82	76	70	64	58	52	46	40	34	28	22	16	10	4
18.9	120	88	81	75	69	63	56	50	44	38	31	25	19	13	6	-
18.1	115	87	80	74	67	61	54	48	41	35	28	22	15	9	2	-
17.3	110	86	80	73	66	59	52	45	39	32	25	18	11	5	-	-