

Vitamins that are often used as Supplements

Vitamin B6 (pyridoxine)

- Helps the body make proteins, which are used to make cells. It also helps convert tryptophan (an amino acid) into niacin and serotonin (a brain chemical). It also helps produce insulin, hemoglobin, and antibodies to fight infection.
- Has been used for treatment of autism due to its role in the production of certain neurotransmitters; dopamine, GABA (gamma aminobutyric acid), serotonin, epinephrine, norepinephrine.
- Megadoses of B6 can cause a deficiency in magnesium so they are usually given together.
- Insufficient objective evidence to recommend vitamin B6 with magnesium as a treatment modality for children with Autism Spectrum Disorder.
- Acute doses of B6 can cause ataxia, loss of fine motor control, changes in gait and peripheral neuropathy.
- Tolerable upper limit for vitamin B6 is 30 – 80 mg/day for ages 1 – 18 year olds.

Vitamin C

- Helps the body absorb iron from plant sources.
- Helps produce collagen, a connective tissue that holds muscles, bones, and other tissues together.
- Helps form and repair red blood cells, and keeps capillary walls firm (protects against bruising)
- Good for healthy gums, to heal cuts and wounds and to help protect from infection by keeping the immune system healthy.
- RDA : Males/Females
1-3 yrs 40 mg
4-10 yrs 45 mg
11-14 yrs 50 mg
15+ yrs 60 mg
- Easily destroyed by light, air, and heat.
- Since it isn't stored in the body, vitamin-C rich food needs to be consumed daily.

Thiamin (vitamin B1)

- Helps all body cells produce energy from carbohydrates.
- Excess amounts of thiamin are excreted in the urine. Extra amounts do not provide extra energy.
- Found in whole-grain and enriched grain products, pork, liver, and other organ meats.
- RDA:

Children	4-8 yrs	0.6 mg	
	9 – 13 yrs	0.9 mg	
Males	14 – 70+ yrs.		1.2 mg
Females	14 -18	1.0 mg	
	19-70+ yrs	1.1 mg	