

Supplement – *General Tips and Suggestions*

1. Dosage recommendations for the vast majority of supplements are not toxic or dangerous.
2. Every child is different. Therefore, you may have to try different supplement products to find the right fit.
3. Supplements need to be treated as medicine with the same dedication for administration.
4. Consistency in taking supplements is important. However, on some days certain supplements may be missed or forgotten. Just pick up the next day and keep moving forward. Not every day will be perfect.
5. Most supplements can be mixed together with a few exceptions:
 - a. *Avoid calcium and zinc together – separate by a few hours*
 - b. *Avoid zinc and copper together – separate by a few hours*
 - c. *Take zinc and copper with small amount of food if possible – to prevent nausea.*
 - d. *Probiotics with digestive enzymes (debatable problem) - general rule of thumb is to separate by at least an hour, or take probiotics at night before bed.*
6. Most supplements can be mixed in juice or food, unless otherwise indicated on packaging.
7. Introduce one new supplement at a time. The general recommendation is one new supplement every 24 to 48 hours.
8. Most multivitamins/minerals can mixed in organic berry or pear baby food or puree. A tart juice can work as well. Fruit smoothies also work well as medium for supplement administration.
9. Avoid adding vitamins to hot food or cooking them with baking powder.
10. Minerals, i.e. calcium, magnesium, iron, selenium can be cooked and baked into foods without affecting their potency - vitamins and herbs cannot.
11. Many of the minerals and vitamins can also be added to drinks.

12. Some liquid calcium and magnesium products can be salty. It is recommended to use in small doses (1/4 to 1/2 tablespoon) and mix into foods that require salt (rice, soups or sauces) or mix with a stronger juice such as cranberry or grape.
13. Ideally probiotics should be separated from antimicrobial supplements by at least a few hours. Again, bedtime dosing is an option.
14. If taking a probiotic supplement and a prescription antibiotic or antimicrobial botanical (aka. herbal), it is recommended to dose the probiotic at night before bed - at least 2 hours after the last dose of the herbal supplement or antibiotic.
15. Probiotics - place in cool food, water, or dilute juice.