

Basic Recommendations for Autism Spectrum Disorders

Medical Condition	Recommended Products	Intended use
Neuronal Health	Folinic acid, calcium folinate = Leukovorin [#]	Can bypass dysfunctional folate receptors alpha; does not require MTHFR - best in the presence of mutations (C677T)
	5-Methylfolate = 5-MTHF	A form of active folate
	S-Adenosylmethionine (SAME)	Methyl donor, mood stabilizer
Allergic Inflammation ⁺	Berberine	Antipathogenic, mast cell blocker
	Bifidobacterium infantis, B. lactis, B. longum	Reduces histamine
	DAO (diamine oxidase) ^{&}	Degrades histamine
	Luteolin - PureLut [®] Luteolin + Quercetin - NeuroProtek Low Phenol [®] Liquid - NeuroProtek Low Phenol [®] - Neuroprotek [®]	Anti-oxidant. anti-allergic, anti-inflammatory, neuroprotective (liposomal in olive oil or olive pomace oil)
	Methoxyluteolin - GentleDerm [®]	Anti-allergic, anti-inflammatory, soothing
	Vitamin D3	Immune regulator
Oxidative Stress	Glutathione	Anti-oxidant
	N-Acetyl cysteine (NAC)	Increases glutathione, anti-oxidant
Hyperactivity	Ashwagandha	Anti-anxiety
	Clonidine [#]	Anti-hypertensive, sedative
	Hydroxyzine [#]	Anti-histamine, anti-anxiety
	Propranolol ^{#★}	Anti-hypertensive, anti-anxiety
OCD	Aripiprazole ^{#@}	Anti-psychotic
	Risperidone ^{#@}	Anti-psychotic

+ Use low casein, gluten, histamine, oxalate, salicylate diet

★ Contraindicated in anaphylaxis and asthma

Prescription

& Acid resistant or enteric-coated

@ Can cause metabolic syndrome