

Approach to Vitamins and Supplements

Adult Patients

(BID = twice daily, QD= once daily)

N-Acetylcysteine (NAC) – 1,000 - 1,200 mg BID (500 or 600 mg tablets/capsules)

Dimethylglycine (DMG) – 1,200 mg BID (600 mg capsules)

Trimethylglycine (TMG) – 1,500 mg BID (750 mg tablets)

Taurine – 1,000 mg BID (1,000 mg tablets)

These supplements should be started at low doses and gradually increased. A 2-weeks on supplements, 2-weeks off supplements approach is useful for the first 6 months. It is not unusual to an inflammatory response with this regimen; once there are no inflammatory reactions, these supplements can be taken daily.

Choline Bitartrate – 500 mg BID

Biotin – 10,000 mcg BID

B12 – 10,000 mcg QD

B6 – 100 mg QD (take 1 B100 per day)

Vitamin D - 5,000 IU BID

Vitamin C – 1,200 mg BID

Pediatric Patients

Weight is the critical factor; these supplements should be based on weight. For example, half the weight of an adult means half a dose of the supplement.

N-Acetylcysteine (NAC) - 600 mg BID (liquid available)

Dimethylglycine (DMG) - 500 mg BID (liquid available)

Trimethylglycine (TMG) - 500 mg BID (liquid available)

Taurine – 500mg BID

Choline Bitartrate – 400 mg QD

Biotin - 10,000 mcg QD

B12 - 5,000 mcg QD

B6 – 100 mg QD (take 1 B100 per day)

Vitamin D – 5,000 IU QD

Vitamin C – 600mg BID