

# CLINICAL PROTOCOLS

## ATTENTION SUPPORT

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### *A Suggested Nutritional Protocol for Attention Support*

*This program is to support an already appropriate diet. An appropriate diet would include eliminating refined white flour and sugar from the diet. This would mean avoiding most “prepared” foods such as chicken fingers, pizza pops, breaded fish sticks, prepared sauces from a pouch such as Lipton Noodles and Sauce, and white refined rice such as Minute Rice. Also pop and juice cocktails, which have an abundance of sugar. The obvious should also be avoided cookies, candies, chips. The not so obvious includes ketchup (sugar), lunch meats (sodium nitrate) and foods with food dyes.*

*Encourage whole grains (whole wheat pasta, rice pasta, rye bread) lots of fresh fruit and vegetables, water, nuts such as sunflower seeds and almonds. Oatmeal and Red river cereal are options or other grain cereals that do not have sugar listed in the top 4 ingredients. Snacks should include fresh veggies, protein such as natural peanut butter, yogurt that you can stir fruit and honey into. Some respond best with cows milk removed from the diet, use Rice Dream as a substitute.*

#### **Opti-EPA™ Liquid**

A great tasting, natural lemon flavoured, ultra-refined fish oil liquid providing over 2300mg of omega-3 essential fatty acids per serving.

**Suggested usage:** *One teaspoon daily.*

OR

#### **Omega Soft Chew EPA**

This great tasting, sugar free, naturally flavored lemon soft chews are produced in Norway via the patent-pending ConCordix™ emulsion technology. This technology allows for the creation of an omega-3 supplement that delivers enhanced absorption and does not have the “fishy” taste sometimes associated with marine lipid supplements.

**Suggested usage:** *take one soft chew daily or as directed by your health professional.*

#### **Opti- DHA™ (enteric-coated)**

DHA is of primary importance for the structural integrity of neuronal membranes. As most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function.

**Suggested usage:** *Two enteric-coated softgel capsules daily, with meals.*

OR

#### **Omega Soft Chew DHA**

This great tasting, sugar free, naturally flavored orange soft chews are produced in Norway via the patent-pending ConCordix™ emulsion technology. This technology allows for the creation of an omega-3 supplement that delivers enhanced absorption and does not have the “fishy” taste sometimes associated with marine lipid supplements.

**Suggested usage:** *take one soft chew daily or as directed by your health professional.*

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OR

## **DHA Liquid**

DHA Liquid is derived from algae, a vegetarian friendly source, in a great tasting, natural, light lemon flavour. This liquid provides 280 mg of DHA (docosahexaenoic acid) per dropper and is ideal for children. The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function.

**Suggested usage:** *1/2–1 dropper per day, with a meal.*

## **Brain CALM**

Formulated by Eric R. Braverman M.D., Brain Calm is an effective blend of critical amino acids and nutrients that provide support for a calmer brain including inositol, GABA, passion flower and L-Glycine.

**Suggested usage:** *Two capsules with an evening meal or bedtime.*

## **E.X.S.T. Support Formula™ (adults only)**

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for individuals with higher daily stresses. Additional ingredients include ginkgo biloba extract, silybum marianum and coenzyme Q10.

**Suggested usage:** *Two tablets twice daily with meals.*

## **Krill Plex**

Phosphatidylcholine, a key source of choline, phosphatidylethanolamine and phosphatidylinositol comprise the phospholipid profile. Furthermore, the phospholipid-fatty acid profile closely resembles that of human brain phospholipids. As a result, this complex easily transverse the blood brain barrier, enriches brain neural tissue and potentially provides cognitive support.

**Suggested usage:** *Two softgels per day with breakfast for one month and one softgel thereafter or as directed by a health professional.*

