

Supplement Sheet - Children

Name: Aiden

Lab Number:

Sex: Male

Age: 8

Date: April 9, 2024

Dosage	AM	NOON	EVE
SlowOx	1	1/2	0
Endo-met Endo-dren	1/2	1/2	0
Cal-Mag Fusion	1	1	0
Endo-met GB-3	1/2	1/2	0
Na/K up	1	1	0
Trimethylglycine-TMG (1,000mg)	1/2	1/2	0
EPA-DHA (1,000mg)	0	1	0
Vitamin-D3 (5,000 I.U.)	0	1	0
Kelp (600mg)	1	1	0

Taking supplements for children

The best way for children to take supplements, particularly if they have difficulty swallowing pills, is by grinding, crushing or blending the tablets into a favorite food. This can be done with all of the day's supplements at once and divided between a morning meal and an afternoon or evening meal. Foods with strong flavors are often most effective for mixing with supplements; these may include almond butter, organic certified raw yogurt, cheese, milk, meat loaf or soups. If none of these work well as disguisers for the taste of the supplements in question, tomato sauce or peanut butter could be used although they aren't typically recommended in mineral balancing programs.

It's vital to avoid using very sweet beverages to disguise nutritional supplements due to their high sugar content - only use these as last resorts. As far as liquid options from health food stores are concerned: matching them with other brands is not always easy and might result in more work than it's worth trying to do properly. Until children's chewable or liquid formulas become available it's preferable to use adult products in small amounts which have been ground up and mixed with foods on a mineral balancing program.

Please note: If babies or children suddenly refuse to take the supplements this may be an indication that their programs have changed.

Slow oxidation program

Most children up until the age of around 8-10 are in fast oxidation. Above this age most children drop into a slow oxidation pattern.

If a child is not above the ages of around 8-10 and is in slow oxidation this is often a unhealthy sign. At times the child will pick up the mineral pattern of their parent(s) or guardians, meaning that it is very helpful to test the parent to see if they are also in a slow oxidation pattern. Simply working with the parent to improve their health often improves the health of a child also.

Children are able to "pick up" parent or guardian patterns as a way to almost protect the parent. If a parent is exhausted the children can take on their mineral patterns too to mirror the parent.

At other times the child is burned out and exhausted. This is usually from poor diet, junk foods, excessive sugar, fruit juice and more. Vaccines and other medications including steroid medications, antibiotics and others can also contribute to this pattern in children.

Oxidation is the rate at which the body burns fuel for energy. Being in a slow oxidation rate can be compared to driving in the slow lane on the highway. If one were to compare it to the classic story of the tortoise and the hare, the individual would be the tortoise. The individual often feels slow, sluggish, fatigued and lethargic. Especially if the oxidation rate is very slow. This may not show fully on children, however it may become more apparent how tired they are when various stimulants have been removed from their lives and they are receiving more nourishment. As a result they may want to rest more, nap more and sleep more. This is actually a very good sign and parents/guardians should honor this period of rejuvenation as much as possible.

The goal then, of the slow oxidation program, is to accelerate oxidation and metabolism.

It is essential to adhere to a slow oxidation diet to ensure that the rate of oxidation does not slow down further. Additionally, no extra fats and oils (other than a little butter) should be added to the healing program diet to avoid slowing down the oxidation rate further.

Because children often heal much quicker than adults, if the child is younger than around 8-10 and is in slow oxidation they may go into fast oxidation fairly quickly often after a period of rest. As a result it is important to get regular retests in order to monitor this.

Directional Supplements

Directional supplements are highlighted **orange** and play a crucial role in maintaining the balance of the body. It is imperative to have a thorough understanding of the function of these supplements, as they can change with the progression of a program. One specific type of directional supplements are oxidation supplements, which help to either enhance or reduce the rate of oxidation in the body. Regular Hair Tissue Mineral Analysis (HTMA) retesting is recommended to ensure that an individual is receiving the appropriate directional supplement. If an oxidation supplement successfully increases the oxidation rate, it may be necessary to switch to a supplement that decreases the oxidation rate to maintain balance and vice versa.

Usage: To help increase a slow oxidation rate

SlowOx contains highly bioavailable mineral compounds, including mineral orotates, that significantly improve mitochondrial health and brain function.

SlowOx includes a combination of magnesium compounds in its formula, such as magnesium orotate, glycinate and malate, in order to enhance energy production and improve cardiovascular function.

For example, magnesium glycinate is recommended in stress periods, premenstrual syndrome and it is the form recommended as a prophylactic method for type 2 diabetes.

Orotic acid has been recently used as a “stabilizing” agent for metal ions and for increasing absorption of certain nutrients, such as zinc, potassium and magnesium.

Magnesium orotate has a better absorption rate, higher bioavailability, and due to both elemental features, orotic acid is capable of transporting magnesium through the cell, benefiting the intracellular concentration of this mineral.

Magnesium orotate showed no adverse effect during and after administration in comparison with other magnesium salts that induced significant laxative effects, especially with oxide, citrate and sulfate compounds.

SlowOx includes nutrients that speed up one's metabolic rate. These nutrients include the active B-complexes, such as Benfotiamine/TPP, Riboflavin 5 Phosphate, Adensylcobalamin, Methyl-Folate and P5P.

Other upgraded nutrients in SlowOx are vitamin C (as calcium ascorbate), vitamin E (including tocotrienols), manganese bisglycinate, zinc orotate, potassium orotate, selenium (as SelenoExcell) and chromium picolinate and polynicotinate.

SlowOx also includes PQQ in order to boost mitochondrial biogenesis and neurogenesis.

PQQ helps grow new mitochondria in aging cells. This is vital because over time, cell energy diminishes as mitochondria weaken and die. The result is accelerated aging throughout the body. PQQ facilitates production of new mitochondria and also helps energize existing mitochondria.

If you are going through a healing reaction it is a good idea to stop this supplement temporarily until the reaction passes.

Endo-met Endo-dren

Usage: Support adrenal glandular activity

Endo-Dren contains bovine adrenal nucleoprotein together with vital synergistic nutrients to aid in restoring normal adrenal response. Glandular products contain polypeptides, enzymes and nucleoproteins which have been shown to enhance glandular function. This product is recommended for the slow oxidizer and for certain mixed oxidation types.

Endo-dren is designed to support the adrenal glands. We only recommend endo-dren for older children based upon the HTMA test

If the child is going through a healing reaction it is a good idea to stop this supplement temporarily until the reaction passes.

Endo-met GB-3

Usage: Digestive aid

GB-3 is a formula containing bile acids and synergistic factors. GB-3 acts to enhance biliary output, assisting removal of toxic metals (specifically copper) from the liver. Bile acids also have a laxative effect.

GB-3, therefore, is a digestive enzyme used to improve digestion and gut regulation.

Potential problems with GB-3 - It can cause some diarrhoea initially. If this happens to the child it is useful to reduce the dosage.

GB3 is a strong candida and parasite killer, the child may experience candida die-off symptoms like tiredness, and gas/bloating. Parasite die-off is similar to candida die off, the child may want more sleep and be more fatigued. Both symptoms are good signs that die-off is occurring.

If the child feels more tired and fatigued when taking GB3 it is important to allow the child to rest as much as possible.

If the child is going through a healing reaction generally it is ok to keep taking GB-3 however if the child is going through a healing reaction that is causing diarrhea please stop this supplement temporarily.

Cal-Mag Fusion (Valence Nutraceuticals)

Usage: Calcium/Magnesium Supplement (please note even if your Calcium/Magnesium levels are in a good range you will often still be recommended to take extra in order to support the body.)

Cal-Mag Fusion is a carefully crafted 1.6:1 ratio of calcium to magnesium for optimal absorption and unparalleled benefits.

It includes Calcium Fructoborate, a highly absorbable form of boron, this formula supports vitamin D metabolism, hormone levels, joint health, bone strength, and more. Vitamin K2 MK7 contributes positively to conditions like osteoporosis, cardiovascular health, parathyroid disorders, and aids in preventing calcium deposits in arteries.

This blend supports normal bone density, enhances immunity, promotes hormone production and energy levels, reduces inflammation, and preserves optimal muscular function. Taurine, a valuable addition, helps maintain intracellular calcium and magnesium levels, facilitating energy production and mitochondrial function.

Inspired by the groundbreaking work of Dr. Paul Eck and Dr. Hans Nieper, our formula incorporates superior chelates, such as calcium and magnesium orotate, to easily penetrate cell membranes and target vital areas

of the body.

NOTE: If your child is having sleep issues adding extra Cal-Mag Fusion to your program can help.

If your child is going through a healing reaction generally Cal-Mag Fusion often is a big help. This is because Calcium and Magnesium, the main ingredients in Cal-Mag Fusion are calming minerals and help the body relax and stay calm. Cal-Mag Fusion is able to 'keep a lid on things' so to speak, as a protector.

Na/K UP

Na/K UP is based upon the original formula of Dr. Paul Eck. The difference is the substitution of pyridoxine HCL for pyridoxal-5-phosphate as well as the substitution for other forms of minerals and vitamins including zinc, copper, magnesium, manganese and vitamin C.

Magnesium glycinate is recommended in stress periods, premenstrual syndrome and it is the form recommended as a prophylactic method for type 2 diabetes.

Orotic acid has been recently used as a "stabilizing" agent for metal ions and for increasing absorption of certain nutrients, such as zinc, potassium and magnesium.

Magnesium orotate has a better absorption rate, higher bioavailability, and due to both elemental features, orotic acid is capable of transporting magnesium through the cell, benefiting the intracellular concentration of this mineral.

Magnesium orotate showed no adverse effect during and after administration in comparison with other magnesium salts that induced significant laxative effects, especially with oxide, citrate and sulfate compounds.

People need P5P, the active form of B6, instead of pyridoxine- which most supplements contain! Pyridoxine, the inactive form of B6, has to be converted in the liver by pyridoxal kinase before the body can use it! The body requires a zinc-ATP complex for this process to work but unfortunately under metabolic stress and heavy metal toxicity, this zinc-ATP availability is reduced and cannot meet enzymatic requirements.

This conversion process does not work too well in many people! This can lead to a build up of pyridoxine, the inactive form, in your liver and blood that compete with binding to the P5P receptor.

Na/K UP includes the most bioavailable amino acid conjugates including zinc orotate, picolinate and bisglycinate.

If the child is going through a healing reaction it is a good idea to stop this supplement temporarily until the reaction passes. If the child is processing a virus this supplement helps support the immune system.

Trimethylglycine (TMG)-500mg

Usage: To help remove toxins

Trimethylglycine or TMG has many roles including anti-oxidant properties, anti-inflammatory, energy booster, methyl donor, and more

Trimethylglycine is thought to act as a methyl donor, which means it helps to donate methyl groups to other molecules in the body. This can help to support various metabolic processes, such as the conversion of homocysteine to methionine.

Please note TMG has powerful effects on detoxification and is often one of the primary supplements that induces healing reactions.

If the child is going through a healing reaction in general it is best to slow down and stop TMG.

Endo-met EPA-DHA

Usage: Provides an excellent source of omega-3.

EPA-DHA is a fish oil supplement that provides omega-3 fatty acids. **However we can skip this supplement if children can eat sardines every week. For children aged 6months-12 months we recommend 0.5 cans of sardines per week. Children aged 1-3 we recommend 0.75 cans of sardines per week. Children aged 4-8 we recommend 1 can of sardines per week. Children aged 9-13 2 cans per week and children aged 14+ can eat 3 cans per week.**

If the child is going through a healing reaction, it is generally ok to still take EPA-DHA.

Endo-met Kelp

Usage: Kelp is abundant in essential minerals and trace elements, as well as providing radioprotective benefits to the body.

Kelp is a super nutrient supplement. It helps support the thyroid and displaces iodine antagonists. It helps with radiation damage and it also includes alginates which bind to toxic metals. Kelp also is very beneficial for people with EMF sensitivity.

Please note some children may be initially sensitive to Kelp especially when they first begin the program. The reason often is that kelp removes iodine antagonists from the thyroid gland, common symptoms are sleep disturbances and hyperactivity. If a child is sensitive to kelp they can start off slowly by reducing the recommended dose and work up slowly.

If the child is going through a healing reaction it is often best to skip kelp until the healing reaction completes.

Endo-met Vitamin D3

Usage: Helps to increase the Vitamin-D levels in the body.

Most children today are low in Vitamin-D, even if they get good sun exposure. **However we can skip this supplement if children can eat sardines every week. For children aged 6months-12 months we recommend 0.5 cans of sardines per week. Children aged 1-3 we recommend 0.75 cans of sardines per week. Children aged 4-8 we recommend 1 can of sardines per week. Children aged 9-13 2 cans per week and children aged 14+ can eat 3 cans per week.**

[If you are going through a healing reaction children generally feel ok taking Vitamin D3.](#)

Where to buy supplements

115.0