PATIENT & FAMILY REFERENCE / PEDIATRIC CARE

Common Supplements for PANS / PANDAS

A symptom-focused guide to commonly discussed supplements and related concerns

PEDIATRIC WEIGHT RANGE

30–100 lb

IMPORTANT

Not every supplement is appropriate for every child. Doses below are ranges drawn from the supplied clinic guide, not a self-treatment plan. Follow the specific recommendations of your child’s clinician, especially with other medications, medical conditions, or unusually high sensitivity.

INSIDE THIS GUIDE

Symptom directory • Weight-based dose tables • Practical notes & precautions

QUICK DIRECTORY

Find supplements by concern

These are categories of common clinical discussion—not evidence that a supplement is effective for a particular condition. The individual supplement profiles follow on the next pages.

OCD, INTRUSIVE THOUGHTS & RIGIDITY

NAC · Magnesium · Omega-3 fish oil · Inositol · L-theanine · Taurine

INFLAMMATION & FLARE SYMPTOMS

NAC · Curcumin · Omega-3 fish oil · Luteolin · Quercetin · PEA · Glutathione · Vitamin C · Vitamin D · Magnesium

MOLD OR TOXIN-RELATED CONCERNS

NAC · Glutathione · Quercetin · Magnesium · Probiotics · S. boulardii · Modified citrus pectin · Phosphatidylcholine · Milk thistle · Electrolytes · Activated charcoal · Zeolite · Bentonite clay

HISTAMINE, ALLERGY & MAST-CELL CONCERNS

Quercetin · Vitamin C · Luteolin · DAO · Magnesium · Omega-3 fish oil

ATTENTION & REGULATION

Omega-3 fish oil · Magnesium · Zinc · Vitamin D · B-complex vitamins* · L-theanine · Phosphatidylserine · Electrolytes

SLEEP

Melatonin · Magnesium · L-theanine

GUT HEALTH, CONSTIPATION & DIARRHEA

Probiotics · S. boulardii · Magnesium · Fiber · Digestive enzymes

* The detailed dosing entry addresses vitamin B6/P5P, not every B-complex formulation.

HOW TO READ THE DOSE TABLES

Unless stated otherwise, the columns refer to a child’s weight. “Once daily” means one dose per day; “twice daily” means two doses per day. Product-specific instructions and age-based safety limits may override the weight range.

Items marked “Limited pediatric data,” “Product-specific,” or “Clinician-directed only” require particular attention to evidence, formulation, and individual medical circumstances.

01 NAC

Often considered for obsessive-compulsive symptoms, inflammatory symptoms, and glutamate regulation.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
Start: 300 mg once daily Usual: 300 mg twice daily	**Start: 600 mg once daily** Usual: 600 mg twice daily	**Start: 600 mg twice daily** Usual: 900 mg twice daily

PRACTICAL NOTES

- Begin gradually.
- May cause stomach upset; contact the care team if nausea or abdominal pain worsens.

FULLSCRIPT NAC · previously selected in my Fullscript store

↑ BACK TO TOP

02 Omega-3 fish oil

Often considered for brain health, inflammatory symptoms, attention, and mood regulation.

Doses refer to total EPA + DHA, not total fish-oil content.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
500–1,000 mg daily	1,000–1,500 mg daily	1,500–2,000 mg daily

PRACTICAL NOTES

- Give with food when possible.
- Liquid products or small softgels may be easier to take.
- Fishy burps are a common nuisance.

FULLSCRIPT Metagenics · OmegaGenics EPA-DHA 2400 liquid

↑ BACK TO TOP

03 Magnesium

Often considered for sleep, constipation, muscle tension, restlessness, and nervous-system regulation.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
50–100 mg at bedtime	100–200 mg daily	200–300 mg daily

PRACTICAL NOTES

- Magnesium glycinate is often selected for calming.
- Magnesium citrate may be more useful for constipation.
- Excess amounts can cause loose stools or diarrhea.

FULLSCRIPT Magnesium · previously selected in my Fullscript store | Pure Encapsulations · Magnesium Glycinate Liquid

↑ BACK TO TOP

04 Vitamin D

Used to support general health and immune function.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
600–1,000 IU daily	1,000 IU daily	1,000–2,000 IU daily

PRACTICAL NOTES

- A clinician may recommend a different dose if blood levels are low.
- Take consistently as directed.

FULLSCRIPT Vitamin D · previously selected in my Fullscript store | Metagenics · D3 Liquid (1,000 IU/drop)

↑ BACK TO TOP

05 Zinc

Used to support immune function and sometimes attention or behavioral regulation.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
5 mg daily	5–10 mg daily	10–15 mg daily

PRACTICAL NOTES

- Taking zinc with food may reduce stomach upset.
- Avoid prolonged high-dose use unless specifically recommended.

FULLSCRIPT Pure Encapsulations · Zinc Liquid 15mg

↑ BACK TO TOP

06 Curcumin

Sometimes used to support management of inflammatory symptoms.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
250 mg once daily	250 mg twice daily	500 mg twice daily

PRACTICAL NOTES

- Give with food.
- May cause stomach upset.
- A once-daily starting schedule may be better tolerated.

FULLSCRIPT Curcumin · previously selected in my Fullscript store | Results RNA · C3 Curcumin oral spray

↑ BACK TO TOP

07 Quercetin

Sometimes used for allergy-, histamine-, inflammation-, or mold-related symptom concerns.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
125 mg once or twice daily	250 mg once or twice daily	250–500 mg twice daily

PRACTICAL NOTES

- Introduce gradually in sensitive children.
- Can sometimes cause stomach upset.

FULLSCRIPT Quercetin · previously selected in my Fullscript store | Results RNA · Quercetin Seasonal spray (blend)

↑ BACK TO TOP

08 Melatonin

Often considered when falling asleep is difficult.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
Start: 0.5–1 mg at bedtime Usual: 1–2 mg	**Start: 1 mg at bedtime** Usual: 1–3 mg	**Start: 1 mg at bedtime** Usual: 1–5 mg

PRACTICAL NOTES

- Start with the lowest appropriate dose.
- More is not necessarily more effective.
- Persistent sleep problems may have causes beyond melatonin.

FULLSCRIPT Pure Encapsulations · Melatonin Liquid 2.5mg/mL

↑ BACK TO TOP

09 Probiotics

PRODUCT-SPECIFIC

Considered for gastrointestinal symptoms and during or after antibiotic treatment.

PRODUCT / USE DIRECTIONS FROM SOURCE GUIDE

Most children: one standard pediatric product dose daily. For some older or larger children: one product dose once or twice daily.

PRACTICAL NOTES

- Species and strain matter; products are not interchangeable.
- Examples in the source include Lactobacillus rhamnosus GG (LGG) and Saccharomyces boulardii.
- Start slowly in children prone to bloating.

FULLSCRIPT Probiotics · previously selected in my Fullscript store

↑ BACK TO TOP

10 L-theanine

Often considered for calming, sleep, hyperarousal, and sometimes attention support.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
50–100 mg once or twice daily	100 mg once or twice daily	100–200 mg once or twice daily

PRACTICAL NOTES

- Use in the evening or at bedtime when targeting sleep.
- When targeting daytime calming, once-daily initiation may be preferable.
- The original guide suggests keeping the total at or below 400 mg/day in most children, based on a pediatric sleep trial.

RESEARCH CONTEXT Pediatric studies cited in the source include a 400 mg/day ADHD sleep trial and a 2.5 mg/kg acute attention study.

FULLSCRIPT L-theanine · previously selected in my Fullscript store

↑ BACK TO TOP

11 Saccharomyces boulardii

Sometimes used for diarrhea and gastrointestinal support during or after antibiotics.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
250 mg once daily	250 mg once or twice daily	250 mg twice daily

PRACTICAL NOTES

- Product labels may list milligrams or colony-forming units (CFU).
- Avoid in severely immunocompromised patients unless specifically directed.

RESEARCH CONTEXT The source cites an ESPGHAN pediatric recommendation of 250–750 mg/day for 5–7 days for acute gastroenteritis.

FULLSCRIPT S. boulardii · previously selected in my Fullscript store

↑ BACK TO TOP

12 Phosphatidylserine

Sometimes used for attention, focus, regulation, and stress-response support.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
100 mg once daily	100 mg twice daily	100–150 mg twice daily

PRACTICAL NOTES

- Used as daily support rather than a rescue intervention.
- Often taken in the morning, or morning and after school.
- The source suggests generally staying around 300 mg/day or below unless individually directed.

RESEARCH CONTEXT A pediatric ADHD trial cited in the source used 150 mg twice daily in children ages 6–13.

FULLSCRIPT Phosphatidylserine · previously selected in my Fullscript store

↑ BACK TO TOP

13 Glutathione

INDIVIDUALIZE

Sometimes considered for oxidative-stress and mold/toxin-related support.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
250–500 mg once or twice daily	500 mg twice daily	500–1,000 mg twice daily

PRACTICAL NOTES

- Begin with a lower amount in sensitive children.
- Check actual milligrams on liposomal-liquid labels; concentrations vary considerably.
- Formulation can affect how products compare.

FULLSCRIPT Glutathione · previously selected in my Fullscript store | Quicksilver Scientific · Liposomal Glutathione pump

↑ BACK TO TOP

14 Vitamin C

CHECK AGE LIMITS

Used for general immune and antioxidant support; sometimes considered for histamine-related symptoms.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
125–250 mg once or twice daily	250 mg once or twice daily	250–500 mg once or twice daily

PRACTICAL NOTES

- Take with food if stomach irritation occurs.
- Excess amounts can cause diarrhea or abdominal discomfort.
- Age-based upper limits apply and may be lower than the amount suggested by a weight band.

RESEARCH CONTEXT The source lists upper limits: ages 1–3, 400 mg/day; ages 4–8, 650 mg/day; ages 9–13, 1,200 mg/day.

FULLSCRIPT Vitamin C · previously selected in my Fullscript store

↑ BACK TO TOP

15 Fiber

Used to support bowel regularity and constipation management.

Overall daily fiber target (for children over age 2): approximately age in years + 5 grams; individual needs vary.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
Supplement starter: 2–3 g daily	Supplement starter: 3–5 g daily	Supplement starter: 5–7 g daily

PRACTICAL NOTES

- Increase supplemental fiber slowly.
- Ensure adequate fluid intake.
- Adding too much too quickly may cause gas, bloating, or cramps.

FULLSCRIPT Metagenics · MetaFiber powder

↑ BACK TO TOP

16 Vitamin B6 / P5P

CHECK AGE LIMITS

Sometimes considered for neurotransmitter-related or sensory/behavioral concerns; prolonged excess B6 may cause neuropathy.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
5 mg daily	5–10 mg daily	10 mg daily

PRACTICAL NOTES

- Keep total vitamin B6 exposure conservative, especially with combination products.
- Long-term use should account for age-specific safety limits.
- P5P is a form of vitamin B6 and still contributes to the total dose.
- The liquid supplies lower-dose B6 along with other B vitamins. P5P 50 is a much higher-strength option and should not be substituted for the 5–10 mg dose ranges above.

FULLSCRIPT Pure Encapsulations · B-Complex Liquid (B6 4 mg/5 mL) | Pure Encapsulations · P5P 50 (50 mg/capsule)

↑ BACK TO TOP

17 Inositol

LIMITED PEDIATRIC DATA

Sometimes considered for obsessive-compulsive symptoms, anxiety, or intrusive thoughts; pediatric evidence is limited.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
Start: 500 mg once daily Usual: 500 mg twice daily	**Start: 1,000 mg once daily** Usual: 1,000 mg twice daily	**Start: 1,000 mg twice daily** Usual: 2,000 mg twice daily

PRACTICAL NOTES

- Begin at a lower dose because gastrointestinal side effects may occur.
- There is no well-established pediatric OCD dose; individualize use.

RESEARCH CONTEXT An older pediatric ADHD study cited in the source did not demonstrate benefit.

FULLSCRIPT Inositol · previously selected in my Fullscript store

↑ BACK TO TOP

18 PEA (palmitoylethanolamide)

LIMITED PEDIATRIC DATA

Sometimes considered for neuroinflammatory or mast-cell-associated symptoms; pediatric dosing is not standardized.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
300 mg once daily	300 mg twice daily	600 mg in the morning or 300 mg twice daily

PRACTICAL NOTES

- These are clinic-style ranges, not a formal pediatric standard.
- Micronized and ultramicronized products may not be equivalent across manufacturers.

FULLSCRIPT PEA · previously selected in my Fullscript store

↑ BACK TO TOP

19 Luteolin

FORMULATION-SPECIFIC

Sometimes considered for neuroinflammation and mast-cell/histamine symptom concerns.

Combination product in the source: per softgel, luteolin 100 mg + quercetin 70 mg + rutin 30 mg; study used 1 softgel per 10 kg (22 lb) daily with food.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
Combination formula: 1 softgel daily	Combination formula: 2 softgels daily	Combination formula: 3–4 softgels daily

PRACTICAL NOTES

- For a plain luteolin product, the source suggests: 100 mg daily / 100 mg twice daily / 200 mg twice daily for the three weight groups, respectively.
- The plain-luteolin doses are clinic extrapolations, not directly established by that pilot study.
- Select doses according to the specific formulation.
- NeuroFlam contains 20 mg luteolin per capsule along with other flavonoids; it is not dose-equivalent to the 100 mg luteolin combination described above.

FULLSCRIPT Apex Energetics · NeuroFlam (luteolin blend)

↑ BACK TO TOP

20 Taurine

LIMITED PEDIATRIC DATA

Sometimes considered for calming and nervous-system support; a pediatric outpatient standard is not established.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
250 mg once daily	250 mg twice daily	500 mg twice daily

PRACTICAL NOTES

- These are practical clinic ranges rather than guideline-backed pediatric standards.
- Dosing should be individualized by the treating clinician.

FULLSCRIPT Pure Encapsulations · Taurine 500mg

↑ BACK TO TOP

21 DAO (diamine oxidase)

PRODUCT-SPECIFIC

Sometimes used for food-associated histamine concerns; dosing is based on the product rather than weight.

PRODUCT / USE DIRECTIONS FROM SOURCE GUIDE

Most children: one capsule or chewable 10–15 minutes before a higher-histamine meal. For some larger children or teens: two capsules before meals, depending on the product label.

PRACTICAL NOTES

- Follow the specific product instructions unless the clinician directs otherwise.
- Reliable universal pediatric dosing guidance is lacking.

FULLSCRIPT Pure Encapsulations · DAO Enzyme

↑ BACK TO TOP

22 Electrolytes / oral rehydration

HYDRATION GUIDANCE

Used when fluid replacement is needed, particularly with vomiting, diarrhea, poor intake, or dehydration.

PRODUCT / USE DIRECTIONS FROM SOURCE GUIDE

Use an oral rehydration solution (ORS), such as a Pedialyte-type product. Offer small, frequent sips. The source suggests 1–2 oz every 15–30 minutes if intake is poor.

PRACTICAL NOTES

- Use established pediatric rehydration guidance rather than mixing an improvised electrolyte supplement.
- Examples of 24-hour fluid amounts listed in the source for mild diarrhea: 22 lb ~40 oz; 33 lb ~51 oz; 40 lb ~61 oz. These are not a universal dehydration prescription.

HYDRATION Choose a standard oral rehydration solution (ORS), such as Pedialyte; no Fullscript product linked.

↑ BACK TO TOP

23 Digestive enzymes

PRODUCT-SPECIFIC

Chosen according to the specific digestive issue and product; one universal pediatric dose is not appropriate.

PRODUCT / USE DIRECTIONS FROM SOURCE GUIDE

Follow the product label. Enzymes are generally taken just before meals; lactase is taken immediately before consuming dairy.

PRACTICAL NOTES

- Selection depends on the relevant food trigger or digestive concern.
- Lactase drops may also be added to milk according to product directions.

FULLSCRIPT Metagenics · SpectraZyme Complete Enzymes

↑ BACK TO TOP

24 Modified citrus pectin

LIMITED PEDIATRIC DATA

Sometimes discussed for binder or fiber-adjacent support; reliable pediatric dosing standards are lacking.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
2.5 g once daily	2.5 g twice daily	5 g twice daily

PRACTICAL NOTES

- These amounts are clinic-style extrapolations, not a pediatric guideline.
- Increase gradually and watch for bloating or loose stools.
- PectaSol unflavored powder and plain powder sticks both provide 5 g modified citrus pectin per full serving. Use the actual gram amount when matching the guide.

FULLSCRIPT EcoNugenics · PectaSol unflavored powder | EcoNugenics · PectaSol powder sticks

↑ BACK TO TOP

25 Activated charcoal

CLINICIAN-DIRECTED ONLY

Primarily described in pediatric literature in the context of acute poisoning management, not routine daily detoxification.

The source includes these as short-course, binder-style examples only; use only if specifically recommended by a clinician.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
250–500 mg once daily	500 mg once or twice daily	500–1,000 mg once or twice daily

PRACTICAL NOTES

- Keep separate from medications and other supplements because charcoal can interfere with absorption.
- Constipation can occur.
- Do not treat as a routine pediatric daily supplement.
- Both single-ingredient charcoal options provide 560 mg per two capsules. Ultra Binder is a multi-binder blend, not an interchangeable charcoal-only dose.

FULLSCRIPT Integrative Therapeutics · Activated Charcoal | Nature's Way · Activated Charcoal | Quicksilver · Ultra Binder capsules (blend)

↑ BACK TO TOP

26 Zeolite / bentonite clay

CLINICIAN-DIRECTED ONLY

Sometimes discussed as binders; strong pediatric dosing and safety evidence is lacking.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
¼ tsp once daily or 1 capsule daily	¼ tsp twice daily or 1 capsule twice daily	½ tsp twice daily or 2 capsules daily

PRACTICAL NOTES

- Use only if specifically recommended; dosing is product-dependent.
- Separate from food and medications if used as a binder, as directed.
- Reduce or stop if constipation worsens.

FULLSCRIPT Results RNA · ACZ nano Zeolite oral spray

↑ BACK TO TOP

27 Milk thistle

LIMITED PEDIATRIC DATA

Sometimes considered for liver-related support; reliable pediatric outpatient dosing standards are limited.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
50–75 mg once daily	75–150 mg daily	150 mg once or twice daily

PRACTICAL NOTES

- These are clinic-style herbal ranges, not a formal pediatric standard.
- Actual dosing may vary by product.

FULLSCRIPT Metagenics · Milk Thistle Extract

↑ BACK TO TOP

28 Phosphatidylcholine

LIMITED PEDIATRIC DATA

Sometimes considered in integrative approaches addressing membrane, bile, or mold-related concerns.

SUGGESTED DOSE RANGES FROM SOURCE GUIDE

30–50 LB	50–75 LB	75–100 LB
300 mg once daily	300 mg twice daily	600 mg twice daily

PRACTICAL NOTES

- These are practical clinic ranges rather than a well-established pediatric standard.
- Take with food unless the product label advises otherwise.

FULLSCRIPT Pure Encapsulations · Phosphatidylcholine 420mg | Quicksilver Scientific · Pure PC liquid

↑ BACK TO TOP

MY CHILD'S SUPPLEMENT PLAN / TO COMPLETE WITH THE CARE TEAM

Use this space to record only the supplements included in your child's individualized plan. Bring the list, including product labels, to follow-up visits.

Child: _____ Date: _____

SUPPLEMENT / BRAND	DOSE	WHEN TO GIVE	NOTES / RESPONSE

SUPPLEMENT / BRAND	DOSE	WHEN TO GIVE	NOTES / RESPONSE