

Online Supporting Information for: **Vitamin-mineral treatment improves aggression and emotional regulation** in children with ADHD:

A fully-blinded, randomized, placebo-**controlled** trial – by Julia Rucklidge et al.

Appendix S1: Ingredients of Daily Essential Nutrients™ and Placebo with recommended dietary allowances (RDA) for children given in the same unit.

<b>Ingredients:</b>	<b>1 capsule</b>	<b>12 capsules</b>	<b>Male RDA (4-13yrs)</b>	<b>Female RDA (4-13yrs)</b>
Vitamin A (as retinyl palmitate)	384 IU	4,608 IU	1333-2000	1333-2000
Vitamin C (as ascorbic acid)	40 mg	480 mg	25-45	25-45
Vitamin D (as cholecalciferol)	200 IU	2,400 IU	600	600
Vitamin E (as d-alpha tocopheryl succinate)	24 IU	288 IU	10.5-16.5	10.5-16.5
Vitamin K (as phyloquinone)	6 mcg	72 mcg	55-60	55-60
Vitamin K (as menaquinone-7)	2 mcg	24 mcg	55-60	55-60
Thiamin (as thiamin mononitrate)	4 mg	48 mg	0.6-0.9	0.6-0.9
Riboflavin	1.2 mg	14.4 mg	0.6-0.9	0.6-0.9
Niacin (as niacinamide)	6 mg	72 mg	8-12	8-12
Vitamin B6 (as pyridoxine hydrochloride)	4.7 mg	56.4mg	0.6-1	0.6-1
Folate (as L-methylfolate calcium)*	53.3 mcg	639.6 mcg	200-300	200-300
Vitamin B12 (as methylcobalamin)	60 mcg	720 mcg	1.2-1.8	1.2-1.8
Biotin	72 mcg	864 mcg	12-20	12-20
Pantothenic acid (as d-calcium pantothenate)	2 mg	24 mg	3-4	3-4
Calcium (as chelate)	88 mg	1,056 mg	1000-1,300	1000-1,300
Iron (as chelate)	0.9 mg	10.8 mg	8 -10	8 -10
Phosphorus (as chelate)	56 mg	672 mg	500-1,250	500-1,250
Iodine (as chelate)	14 mcg	163.2 mcg	90-120	90-120

Magnesium (as chelate)	40 mg	480 mg	130-240	130-240
Zinc (as chelate)	3.2 mg	38.4 mg	5-8	5-8
Selenium (as chelate)	13.6 mcg	168 mcg	30-40	30-40
Copper (as chelate)	0.5 mg	5.8 mg	0.4-0.7	0.4-0.7
Manganese (as chelate)	0.6 mg	7.7 mg	1.5-1.9	1.5-1.6
Chromium (as chelate)	42 mcg	504 mcg	15-25	15-21
Molybdenum (as chelate)	10 mcg	120 mcg	22-34	22-34
Potassium (as chelate)	16 mg	192 mg	3800-4500	3800-4500
Choline bitartrate	36 mg	432 mg	250-375	250-375
Alpha-lipoic acid	33.3 mg	399.6 mg		
Mineral wax	12.5 mg	150 mg		
Inositol	12 mg	144 mg		
Acetylcarnitine (as acetyl-L-carnitine hydrochloride)	4 mg	48 mg		
Grape seed extract	3 mg	36 mg		
Ginkgo biloba leaf extract	2.4 mg	28.8 mg		
Methionine (as L-methionine hydrochloride)	2 mg	24 mg		
Cysteine (as N-acetyl-L-cysteine)	2 mg	24 mg		
Germanium sesquioxide (as chelate)	1.4 mg	16.6 mg		
Boron (as chelate)	0.2 mg	1.9 mg		
Vanadium (as chelate)	0.1 mg	1.0 mg		
Lithium orotate (as chelate)	0.07 mg	0.8 mg		
Nickel (as chelate)	0.002 mg	0.024 mg		

Placebo Ingredients	12 capsules (mg)
Fiber Acacia Gum	3600.00
Maltodextrin	4751
Cocoa Powder	48
Riboflavin Powder	1.2