

| Supplement | Possible benefits | Age group | Benefit | | | Comments |
|--------------|--------------------------------|-----------|---------|-------|-----|---|
| | | | Small | Large | Non | |
| Carnitine | More energy | 0-10 | 1 | . | . | My daughter uses carnitine and has been for about 6 years now. She gets 5ml 3 times a day. I definitely see an improvement in her energy levels when on it. Looser bowels is only side effect. |
| Carnitine | . | 11-20 | . | . | . | . |
| Carnitine | . | 20+ | . | . | . | . |
| . | . | . | . | . | . | . |
| Creatine | More energy | 0-10 | . | . | 1 | At one point we used creatine, but with no effects other than it kicked in premature puberty. This ended when we ended the creatine. |
| Creatine | . | 11-20 | . | . | . | . |
| Creatine | . | 20+ | 1 | . | . | . |
| . | . | . | . | . | . | . |
| L-tyrosine | More energy, reduce secretions | 0-10 | 2 | . | . | Test liver and kidneys regularly. Our daughter uses an Australian brand (Musashi) which is 100% pure. Available on prescription. Three days after my son started taking it we noticed a tightening of his facial muscles. He also started moving his neck where there was virtually no movement before. His antigravity limb movement improved also. It made a small difference to his secretions at first but nothing dramatic. |
| L-tyrosine | . | 11-20 | 1 | . | . | . |
| L-tyrosine | . | 20+ | 1 | . | . | Slightly less secretions at night and a bit easier to cough up mucus plugs during the day. |
| . | . | . | . | . | . | . |
| Coenzyme Q10 | . | 0-10 | . | . | . | . |
| Coenzyme Q10 | . | 11-20 | . | . | . | . |
| Coenzyme Q10 | . | 20+ | 1 | . | . | Taking more than suggested brought on slight depression. |