# Supplements with a grown-up

Learn about options with a trusted grown-up and clinician.



## The tiny idea

Supplements can add nutrients or other support to the body. A trusted grown-up can help me learn what a supplement is for and how to use it safely.

## Look inside: what is happening?

**A supplement decision has steps**

1. **A specific need?**
   start with a question
2. **Review together**
   food, health, medicines
3. **Make a plan**
   supplement or another support
4. **Check back**
   watch for benefit or problems

## Try this

Practice asking: “Why would I take this? What should we watch for? When will we check if it helps?”

Remember: I can ask questions and make health choices with a trusted grown-up.

## A scripture to keep

“If any of you lack wisdom, let him ask of God.”

**James 1:5**

## A true thing about me

My questions matter. I can make health choices with people I trust.

# The science, in plain words

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## What this lesson means

Families ask about supplements for many reasons, including a confirmed nutrient gap, digestion, sleep, or support for antioxidant pathways such as glutathione. Research on NAC, glutathione, vitamin C, sulforaphane, and other approaches is active; study sizes, goals, and results vary. A small 2025 pilot of glutathione alone or with vitamin C and NAC did not find changes in the outcomes it measured; this is one early data point in a developing field. Group findings can guide questions, while a child's nutrition, symptoms, health history, and preferences guide an individual plan. Supplements may interact with medicines or affect fluid and nutrient balance, so a clinician or pharmacist can help choose a product, dose, and follow-up that fit the child.

## A few supportive next steps

- Name the goal together: a nutrient gap, digestion, sleep, or another health need.
- Bring the full product label, dose, medicine list, and questions to a clinician or pharmacist.
- Agree on how to notice a helpful change, when to check in, and what to do if the child feels different.

### Keep this in view

In my faith, I believe God designed our bodies with a capacity to heal through Him, in His name and in His timing, and gives each of us wisdom, tools, and direction for our unique journeys. A clinician can help us explore health questions.

## Sources to explore

NIH NCCIH, Autism and Complementary Health Approaches

American Academy of Pediatrics, Complementary and Integrative Therapies for Autism (updated 2026)

American Academy of Pediatrics, Where We Stand: Vitamin Supplements for Children

Chen et al., Oxidative stress marker differences in children with autism (2021 meta-analysis)

Williams et al., Glutathione, vitamin C, and cysteine in autistic children (2025 pilot trial)

NIH NCCIH, Dietary Supplements for Children and Teens

Sources checked September 2026. Research can change; these links are for further reading.