

# 11 ESSENTIAL SUPPLEMENTS

Every ASD Family Should Know About

This guide solves two problems:

**Exactly what to give, in what order, and why — so you never have to guess again.**

**And addressing the biology driving ASD symptoms — not just managing the behavior.**

*A Science-Based Protocol for Neurological, Gut, and Immune Support*

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**Exactly what to give, in what order, and why — so you never have to guess again.**

**And addressing the biology driving ASD symptoms — not just managing the behavior.**

As a biomedical scientist and mother who has spent years at the intersection of molecular biology and natural health, I understand the overwhelm ASD families face when trying to support their child's neurological, gut, and immune health. This guide distills decades of research into 11 foundational supplements — each chosen for a specific biological reason, introduced in the precise sequence that maximizes their effectiveness — that I recommend to the families I consult with every day.

**Important Note:** *This guide is for educational purposes only and does not constitute medical advice. Always consult your healthcare provider before starting any supplement protocol.*

**Affiliate Disclosure:** *Some links in this guide are affiliate links. This means that if you make a purchase through these links, Dr. Kariagina may receive a small commission at no additional cost to you. All supplement recommendations are based solely on scientific evidence and clinical experience — affiliate relationships do not influence which products are recommended.*

# 01

## Herbal Stem Cell Activator

*The Cellular Renewal Foundation*

### WHY YOUR CHILD NEEDS THIS:

Many children with ASD show evidence of impaired cellular regeneration, mitochondrial dysfunction, and reduced tissue repair capacity. A premium stem cell activating gel supports the body's own regenerative intelligence — promoting cellular renewal at the level where neurological and immune recovery begins. Botanical stem cell activation works with the body's natural biology to support the renewal of neurons, gut lining cells, and immune tissue.

### KEY BENEFITS:

- Supports cellular regeneration and tissue repair
- May promote neurological renewal and brain plasticity
- Supports immune cell renewal and immune regulation
- High-bioavailability oral gel stimulates stem cell release within minutes
- Gentle enough for long-term daily use in children

**GET IT HERE: StemActive Gel | RewindYourYears.com**

<https://www.rewindyouryears.com/product-page/stem-active-gel>

# 02

## Zeolite Heavy Metal Detox Pack

*The Internal Cleanse — Removing What Doesn't Belong*

### WHY YOUR CHILD NEEDS THIS:

Research consistently documents that children with ASD have significantly elevated heavy metals including mercury, lead, and arsenic compared to neurotypical peers. These metals accumulate in neural tissue, disrupt neurotransmitter function, amplify neuroinflammation, and compromise mitochondrial health. Natural clinoptilolite zeolite — a negatively charged volcanic mineral — acts as a molecular trap for positively charged heavy metal ions, binding them in the gut and escorting them safely out of the body.

### KEY BENEFITS:

- Traps mercury, lead, arsenic, and cadmium in the gut
- Prevents toxin reabsorption through enterohepatic circulation
- Pure Body (drops) detoxes the gut; Pure Body Extra (spray) reaches cellular level
- Over 300 PubMed studies on clinoptilolite safety and efficacy

**GET IT HERE: Zeolite Detox Pack | RewindYourClock.TheGoodInside.com**

<https://rewindyourclock.thegoodinside.com/shop/product/zeolite-detox-pack>

# 03

## Fulvic Minerals Plus

*The Cellular Delivery System — Getting Nutrients Into the Cell*

### WHY YOUR CHILD NEEDS THIS:

Nutritional deficiency in ASD is rarely just about inadequate dietary intake — it is about inadequate cellular delivery. Gastrointestinal dysfunction, impaired intestinal permeability, and gut dysbiosis create conditions where minerals fail to reach the intracellular compartments where they are needed. Fulvic acid's low molecular weight and unique ionic charge allow it to form stable complexes with minerals, converting them into a bioavailable form that crosses cell membranes efficiently.

### KEY BENEFITS:

- Fulvic acid from pure Canadian peat bog — enhances cellular mineral absorption
- Trace minerals from sustainably harvested North Atlantic seaweed
- Natural zeolite component supports daily toxin and heavy metal clearance
- Supports gut microbiome health and immune function

**GET IT HERE: Fulvic Minerals Plus | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/fulvic-minerals-plus>

# 04

## Organic Greens & Protein

*Whole-Food Nutrition for the Brain and Body*

### WHY YOUR CHILD NEEDS THIS:

Children with ASD eat a significantly narrower range of foods, with diets overwhelmingly weighted toward processed, low-nutrient foods. A quality organic greens and protein blend delivers concentrated chlorophyll, complete amino acids, antioxidants, and phytonutrients in a single sensory-friendly serving — bypassing the texture and taste barriers that prevent whole vegetable consumption for many children on the spectrum.

### KEY BENEFITS:

- Concentrated chlorophyll — natural intestinal toxin binder
- Complete plant protein with all essential amino acids
- Antioxidants to reduce neuroinflammation and oxidative stress
- Organic — no pesticides adding to an already high toxic burden
- Liquid/powder format — easily added to preferred beverages

**GET IT HERE: Organic Greens & Protein | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/organic-greens-protein>

# 05

## Organic Super Fiber (Prebiotic)

*Feeding the Beneficial Bacteria That Feed the Brain*

### WHY YOUR CHILD NEEDS THIS:

The gut microbiome influences the brain through concrete, measurable pathways — neurotransmitter precursor production, intestinal barrier integrity, short-chain fatty acid generation, and vagal signaling. Bifidobacterium depletion and pathogenic overgrowth are among the most consistently documented microbiome findings in ASD. Organic prebiotic fiber selectively feeds the beneficial bacteria that produce butyrate, serotonin precursors, and GABA — the calming chemicals the ASD nervous system depends on.

### KEY BENEFITS:

- Selectively fuels Bifidobacterium and Lactobacillus
- Fermented by gut bacteria into butyrate — repairs the gut lining
- Reduces intestinal inflammation and leaky gut
- Supports healthy bowel regularity — critical for non-verbal children

**GET IT HERE: Organic Super Fiber | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/organic-super-fiber>

# 06

## Bifidobacterium Probiotic

*Repopulating the Gut's Most Critical Defenders*

### WHY YOUR CHILD NEEDS THIS:

While prebiotic fiber feeds existing beneficial bacteria, a quality probiotic directly replenishes the Bifidobacterium populations that are depleted in virtually every child with ASD. Bifidobacterium species produce acetate that seals the gut barrier, synthesize B vitamins including folate, regulate immune responses in the gut, and produce GABA — the brain's primary calming neurotransmitter. A 5-strain Bifidobacterium-specific formula provides targeted restoration of the most clinically relevant microbial deficits in ASD.

### KEY BENEFITS:

- Five clinically relevant Bifidobacterium strains for targeted restoration
- Produces GABA, folate, B vitamins, and gut-barrier-sealing acetate
- Reduces gut-derived neuroinflammatory signaling reaching the brain
- Supports immune regulation through the gut-associated lymphoid tissue

**GET IT HERE: 5-Strain Bifidobacterium Probiotic | [BulkProbiotics.com](https://www.bulkprobiotics.com)**

<https://www.bulkprobiotics.com>

# 07

## Taurine

*The Brain's Natural Calming and Mitochondrial Amino Acid*

### WHY YOUR CHILD NEEDS THIS:

Taurine is one of the most abundant amino acids in the brain — and its roles in neurological function are broad. It activates GABA-A receptors (reducing hyperexcitability), regulates intracellular calcium to prevent excitotoxicity, is essential for mitochondrial function and ATP production, supports myelin integrity, protects the blood-brain barrier, and suppresses neuroinflammation. Studies document lower plasma taurine in children with ASD — and children with restricted diets (common in ASD) are particularly deficient.

### KEY BENEFITS:

- Activates GABA-A receptors — naturally reduces hyperexcitability
- Regulates calcium signaling to prevent neuronal excitotoxicity
- Supports mitochondrial function and ATP production
- Protects myelin sheath integrity and blood-brain barrier
- Anti-inflammatory — suppresses NF-kB and pro-inflammatory cytokines

### GET IT HERE: Taurine | Life Extension

<https://www.lifeextension.com/vitamins-supplements/item01827/taurine>

# 08

## Stabilized Omega-3 Fatty Acids

*The Structural Foundation of Every Neural Membrane*

### WHY YOUR CHILD NEEDS THIS:

The brain is 60% fat — and the fatty acid composition of neuronal membranes directly determines how efficiently neurons receive, process, and transmit signals. Children with ASD consistently show significantly lower plasma EPA and DHA levels, with deficiency correlating directly with symptom severity. A stabilized, balanced omega-3 supplement with an independently tested and verified ability to incorporate into cell membranes improves omega-6 to omega-3 ratio, ensuring the brain will receive what it needs.

### KEY BENEFITS:

- Restores neuronal membrane fluidity for optimal signal transmission
- EPA reduces neuroinflammation; DHA supports prefrontal cortex development
- Stabilized oil — tested for incorporation of omega-3 fatty acid into cell membranes
- Supports gut-brain axis health and intestinal anti-inflammatory signaling

### GET IT HERE: Stabilized Omega-3 | Zinzino.com

<https://www.zinzino.com/shop/2021320064/US/en-us/products/shop/omega-supplements>

# 09

## Organic Natural Vitamins (Essentials)

*Whole-Food Micronutrient Foundation — From Real Food Sources*

### WHY YOUR CHILD NEEDS THIS:

Standard synthetic multivitamins deliver isolated compounds without the cofactors, enzymes, and phytonutrients — and that significantly decreases absorption. For children with ASD whose GI function and absorption capacity are already compromised, the difference between a supplement that is absorbed and one that is merely ingested is clinically significant.

### KEY BENEFITS:

- Full B-complex (B1-B12) from organic nutritional yeast — supports methylation
- Vitamin C from organic acerola cherry — immune and antioxidant support
- Iodine from organic sea kelp — thyroid and brain development
- Zinc from organic guava — immune function and gut barrier integrity
- Vitamin A as beta-carotene from annatto seed — safe, self-regulating form

**GET IT HERE: Organic Essentials Vitamins | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/essentials>

# 10

## Supergreens +D (Vitamin D & Greens)

*Food-Sourced Vitamin D for Immune and Neurological Health*

### WHY YOUR CHILD NEEDS THIS:

Vitamin D deficiency is near-universal in children with ASD and is directly connected to the neuroinflammation, immune dysregulation, and neurodevelopmental impairment that define the condition. Vitamin D regulates over 200 genes involved in brain development, immune regulation, dopamine synthesis, and serotonin function. Supergreens +D delivers 2,000 IU of organic vitamin D from mushrooms — not synthetic lanolin — alongside sulforaphane from organic broccoli for Nrf2 antioxidant activation, 5 billion probiotics, and organic greens including barley grass and spinach.

### KEY BENEFITS:

- 2,000 IU organic vitamin D from mushrooms — vegan and highly bioavailable
- Sulforaphane from organic broccoli — activates Nrf2 antioxidant enzyme system
- 5 billion probiotics — supports gut microbiome restoration
- Organic greens provide folate, magnesium, vitamin K, and antioxidants
- Supports immune regulation, neurological development, and dopamine gene expression

**GET IT HERE: Supergreens +D | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/supergreens-d>

# 11

## Para-Shield (Parasite Cleanse)

*Clearing the Hidden Biological Burden*

### WHY YOUR CHILD NEEDS THIS:

Parasitic infections are common — and in children with ASD, whose immune regulation is compromised and gut dysbiosis is nearly universal, the likelihood of undetected parasitic burden is clinically meaningful. Parasites compete for nutrients, disrupt the gut microbiome, and contribute to the gut-derived neuroinflammatory signaling. A botanically-based parasite cleanse — without the harsh side effects — provides a gentle and effective approach to addressing this underrecognized biological burden.

### KEY BENEFITS:

- Botanical formula using traditionally validated antiparasitic herbs
- Reduces the parasitic burden competing with your child's nutrition
- Supports gut microbiome restoration by removing a major dysbiosis driver
- Reduces gut-derived inflammation and immune activation

**GET IT HERE: Para-Shield | [RewindYourClock.TheGoodInside.com](https://rewindyourclock.thegoodinside.com)**

<https://rewindyourclock.thegoodinside.com/shop/product/para-shield>

# HOW TO IMPLEMENT THIS PROTOCOL

**A note on timing:** This is not a short-term intervention — it is a biological rebuilding process. Most families begin to see meaningful changes between months 2 and 4, with the most significant shifts occurring between months 4 and 9. Commit to the full protocol for best results.

**Important — Dosages:** Specific dosages for each supplement should be discussed during a consultation with Dr. Kariagina or with your child's healthcare provider. Dosing varies based on the child's age, weight, biological profile, and current supplement protocol. To schedule a free consultation with Dr. Kariagina, contact her via WhatsApp at (517) 507-1108 or visit [RewindYourYears.com](http://RewindYourYears.com).

## THROUGHOUT THE ENTIRE PROTOCOL (Months 1–9) — Daily Foundation

These supplements form the non-negotiable daily foundation and should be maintained without interruption:

- **Stem Cell Activator:** Begin on Day 1 and continue through Month 9. Cellular regeneration is a slow, cumulative process. This is the one supplement that should never be skipped.
- **Organic Greens & Protein:** Daily throughout Months 1–9. Provides concentrated whole-food nutrition, chlorophyll, and complete amino acids that ASD children cannot obtain from restricted diets alone.
- **Organic Super Fiber (Prebiotic):** Daily throughout Months 1–9. The gut microbiome requires continuous prebiotic feeding to maintain the Bifidobacterium populations being restored by the probiotic.
- **5-Strain Bifidobacterium Probiotic:** Daily throughout Months 1–9. Sustained probiotic supplementation progressively restores the depleted microbial populations that govern neurotransmitter production and gut-brain signaling.
- **Taurine:** Daily throughout Months 1–9. Neurological calm, GABA receptor support, and mitochondrial function all require consistent taurine availability.
- **Stabilized Omega-3:** Daily throughout Months 1–9. Neuronal membrane restoration is a slow structural process requiring consistent daily supplementation.
- **Organic Natural Vitamins:** Daily throughout Months 1–9. Methylation support, B-complex, and whole-food micronutrient delivery must be consistent to support DNA repair, neurotransmitter synthesis, and immune regulation.
- **Supergreens +D (Vitamin D):** Daily throughout Months 1–9. Vitamin D deficiency is near-universal in ASD and directly impairs immune regulation, dopamine synthesis, and neurological development. 2,000 IU daily from organic mushroom source.

## PHASE 1 — Months 1–5: Detoxification

- **Zeolite Detox Pack:** Months 1 through 5. Meaningful reduction of a chronic body burden requires sustained, patient work. Do not rush this phase.

## PHASE 2 — Months 3–6: Parasite Cleanse

- **Para-Shield:** Months 3 through 6. Introduced after the initial detox phase has begun clearing the internal environment, addressing the hidden biological burden that disrupts gut microbiome restoration.

## PHASE 3 — Months 5–9: Cellular Mineral Restoration

- **Fulvic Minerals Plus:** Months 5 through 9. Introduced as the zeolite detox phase concludes — shifting focus from removing what does not belong to restoring what is missing.

## WHAT TO EXPECT OVER 9 MONTHS

- **Months 1–2:** Foundation building. Some families notice improved sleep and reduced irritability as the gut begins to settle and the detox process begins.
- **Months 2–4:** Gut restoration becomes measurable. Bowel regularity often improves. Some children show increased calm, reduced sensory overreactivity, and improved eye contact.
- **Months 4–6:** Neurological changes become more visible. Language, attention, and emotional regulation often show the most notable progress during this window.
- **Months 6–9:** Deep cellular renewal. The stem cell activator and fulvic minerals support the biological conditions for genuine long-term neurological growth.

## Ready to Take the Next Step?

I offer free 30-minute consultations for families navigating ASD. Together we can review your child's specific needs, lab results, and biological profile — and create a protocol tailored to your child rather than generic.

■ Book your free consultation via WhatsApp or phone:

**(517) 507-1108**

■ [RewindYourYears.com](https://www.RewindYourYears.com)

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# MY CHILD'S PROGRESS TRACKER

Months 1 — 9 | ASD Supplement Protocol

<b>Child's Name:</b>	_____	<b>Date Started:</b>	_____
<b>Age:</b>	_____	<b>Practitioner:</b>	_____

SUPPLEMENT	M1	M2	M3	M4	M5	M6	M7	M8	M9
Stem Cell Activator	✓	✓	✓	✓	✓	✓	✓	✓	✓
Greens & Protein	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prebiotic Fiber	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bifidobacterium	✓	✓	✓	✓	✓	✓	✓	✓	✓
Taurine	✓	✓	✓	✓	✓	✓	✓	✓	✓
Omega-3	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamins (Essentials)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitamin D (Supergreens)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zeolite Detox	✓	✓	✓	✓	✓	-	-	-	-
Para-Shield	-	-	✓	✓	✓	✓	-	-	-
Fulvic Minerals	-	-	-	-	✓	✓	✓	✓	✓

# MONTHLY PROGRESS NOTES

Month 1	Month 2	Month 3
<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>
Month 4	Month 5	Month 6
<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>
Month 7	Month 8	Month 9
<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>	<p><i>Sleep:</i> -----</p> <p><i>Behavior:</i> -----</p> <p><i>Language:</i> -----</p> <p><i>Gut / digestion:</i> -----</p> <p><i>Overall notes:</i> ----- ----- -----</p>

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