**What is the correct amount of SpeechNutrients speak supplement for my child?**

If your child is already taking individual omega-3 and vitamin E supplements every day, you may begin with 2 capsules, 3 mL of Pure Oil, or 1 Tbsp of Smooth daily. After two weeks, you may increase intake to 3 capsules daily. And after another 2 weeks, you may increase intake to 4 capsules daily until reaching a possible dosage of 6 capsules (9 mL or 3 Tbsps) per day. If your child has never taken omega-3 or vitamin E in supplement form, start with 1 capsule (1.5 mL or 1/2 Tbsp of Smooth) of speak daily. After 2 weeks, you may increase the serving to 2 capsules daily until reaching a possible serving of 6 capsules over 12 weeks continuing at that dosage going forward.  If you believe that your child will benefit from additional supplementation above 4 capsules, regardless of previous omega-3 supplementation, check with your healthcare practitioner (eg: Registered Dietitian, Certified Clinical Nutritionist, Naturopathic Doctor, Doctor of Osteopathy, Medical Doctor).

**When should I give the SpeechNutrients speak supplement?**

It is preferable to give SpeechNutrients speak supplement throughout the day during a child’s most active time – in the morning and afternoon. Start with the morning meal and whether you give 2 or 4 capsules daily (or more under a clinician’s care), divide the serving over the day. For example, 2 capsules with breakfast and 2 with an afternoon snack. If your child is in school, you can ask your school nurse to administer the supplements. Depending on your state, you may need a note for your child’s doctor. If you are not able to provide supplements throughout the day, administer the entire serving in the morning.

**Why is it recommended to give speak for at least 4 months?**

Different children respond at different times and in different dosages.  It's important to slowly titrate your child to the recommended dosage and allow for the omega-3 to affect changes in the red cell membranes.  While blood plasma levels can increase within hours after consuming omega-3, changes in the red cell membranes and in the brain can take 3 to 4 months.  Optimal benefits are best be realized with proper dosage and adequate time.

**My child cannot swallow capsules. How can I provide SpeechNutrients speak supplement?**

speak Smooth is a delicious way to administer the speak supplement.  The flavor tastes like an orange push-up or dreamsicle, and the texture is that of a creamy smoothie.  Our Pure Oil has a light lemon flavor and can be poured directly from the bottle and mixed into any non-heated foods or beverages.  The speak twist capsule is a great alternative for children who can't or won't swallow capsules.  Simply twist or snip the end of the capsule and squirt the oil directly into your child's mouth or blend the contents with any non-heated food or beverage.  The standard softgel capsule can be pierced as well. Because the taste is mild and pleasant, your child may chew on the capsule(s) of SpeechNutrients speak supplement to extract the nutrients and either swallow the empty capsule or spit it out. Alternately, you may pierce the contents of the capsule with a clean pin and squirt the oil onto a non-plastic spoon. Or you may blend the contents of the capsule in a small amount of a non-heated food such as nut butters, smoothies, applesauce, mashed banana or avocado, and yogurt. Be certain that your child consumes the entire amount of the blended food to get the full benefit of the capsule contents. Blending with food and serving on a spoon or in a small cup is easiest. And please only use non-plastic dishware as the oil may stain plastic.

#### Why do you need to take SpeechNutrients speak supplement with foods containing fat?

The fat-soluble contents – omega-3 and vitamins E and K – of SpeechNutrients speak supplement are better absorbed with foods containing fat. Suggestions include coconut milk, avocado, nut butters (almond, cashew), peanut butter, nuts, seeds, egg yolks, fish, poultry, beef, pork, and lamb. For those not on a casein restricted diet (a protein in dairy products that many children with neurodevelopmental issues cannot tolerate), yogurt, whole milk, cheese, and pudding are also good fat-containing choices.

#### What are the nutritional ingredients in SpeechNutrients speak supplement and why are they included?

**Omega-3 fatty acids -- EPA and DHA:**   
All fats are made of fatty acids, which are classified as either saturated, monounsaturated, or polyunsaturated. Omega-3 fatty acids are in the polyunsaturated family. Within the category of omega-3 fatty acids, two called EPA (eicosapentanoic) and DHA (docosahexanoic) are considered the most functional, working both individually and together.

**Vitamin E -- d-alpha and gamma tocopherols:**   
Vitamin E is a fat-soluble vitamin that exists in nature in eight different forms, classified as tocopherols or tocotrienols. The primary function of vitamin E is to prevent oxidation of the fat-containing outer layer of cells. This is particularly important in cells with a high polyunsaturated content such as neurons, or nerve cells. Vitamin E as d-alpha tocopherol increases the need for vitamin E as gamma-tocopherol and both work synergistically. These forms of vitamin E appear to enhance the health impact of omega-3 fats. For these reasons, SpeechNutrients speak supplement contains vitamin E.

**Vitamin K -- forms 1 and 2:**   
Vitamin K is a fat-soluble vitamin that occurs in nature as vitamin K1 in plant foods and vitamin K2 in animal foods. The main role of vitamin K is to assist in blood clotting and bone mineralization. Because it is important to support a proper balance between vitamins E and K, SpeechNutrients speak supplement contains this nutrient.

#### Why not just take cod liver oil?

Because cod liver oil does not contain enough omega-3, or the correct ratio of omega-3, or the other nutrients that are important for optimal benefit in children with certain nutritional needs. Cod liver oil also contains varying amounts of vitamins A and D and increasing servings of cod liver oil can provide excessive amounts of vitamin A. In fact, parents who have used cod liver oil in their children with these challenges have reported seeing no benefit.

#### What if I take cod liver oil with speak?

Cod liver oil has more DHA than EPA and is not very concentrated with omega-3. It has a great history of traditional use in the US and Europe. There isn’t any vitamin A or D in SpeechNutrients speak, so you are not increasing those nutrients. SpeechNutrients speak has more EPA than DHA, as this is what may be best for certain children. The antioxidants in SpeechNutrients speak support the omega-3s and add additional benefit. So, by using them together you are not duplicating any vitamins, just adding omega-3.

#### My daughter has a soy allergy.  I noticed that the vitamin E is “derived from refined soybean oil.” Can this be a problem?

The majority of vitamin E available and used in supplements is derived from soy.  Individuals with soy allergies and soy sensitivities are typically allergic to the proteins in the soy.  The vitamin E used in speak is so highly refined and purified that all the proteins are filtered out so only the vitamin E remains.  We have many children with soy allergies and soy sensitivities who benefit from the nutrients in speak.

#### Why is the Smooth product orange flavored and the Pure Oil lemon flavored?

Because that’s what small children told us they like the best! We did a survey and found orange to be the most acceptable flavor for the Smooth by most of the children.  Lemon was chosen to be the favorite flavor for the Pure Oil.

#### I’ve just received a new box of speak twists and noticed that they’re a different color (darker) than what was in my last box.  Why has the color changed?

Speak is sourced from all-natural raw ingredients which due to variations in nature can have slight differences from lot to lot. Vitamin E in particular tends to have variations in color especially from vendor to vendor, and it’s likely that the vitamin E used in the current batch was a bit darker than previous batches.  The materials used in speak are of the highest quality, concentration, and purity and because of this, even slight shade differences in a single ingredient will have an effect on the overall color of the capsule.  Every batch of our speak product is third party tested for purity and freshness and meets or exceeds all US and EU standards ensuring the purest grade oils.

#### Are the ingredients in SpeechNutrients speak safe?

Each of the nutrients are common vitamins that have been studied for years, some more than others. All of the nutrients have excellent safety profiles. Fish oil, as long as it is properly manufactured and handled, is very safe. Vitamin E has been on the market and consumed by millions of people for many years. Vitamin K is in nearly every multiple vitamin available. Of course, it's always best to check with your doctor before starting any new supplementation program.

#### How long will it take to notice benefits with SpeechNutrients speak supplement?

Factors that can influence response to omega-3 fatty acid supplementation include previous fish oil use, other nutrient supplementation, medication, gastrointestinal health, dietary intake, and more. Every child is different, however, and no one can predict how each child will respond.

#### What does SpeechNutrients speak supplement taste and smell like?

The taste and smell of SpeechNutrients speak supplement is a result of using natural ingredients. All fish oil supplements tend to have a slight, well, fish smell and taste. The perception of both the taste and smell is different among individuals. To some, the flavor and scent are imperceptible; while others are more sensitive. For a more sensitive child, use the masking techniques described in “My child cannot swallow capsules. How can I provide SpeechNutrients speak supplement?” Or immediately following the capsule, provide a bitter or sour food such as a dark chocolate chip. Many of our more sensitive kids have found speak Smooth to best the most palatable option.

#### Can SpeechNutrients speak supplement trigger seizures?

Children with developmental disabilities, most notably those with cerebral palsy and autism, have a higher incidence of seizures. If your child has these diagnoses or has a history of neurological disorders, developmental regression, febrile seizures, or sleep apnea, check with your healthcare clinician before using any dietary supplement or nutraceutical. Also, consult with your practitioner before using more than 4 SpeechNutrients speak supplements daily. Of course, individuals respond differently. For instance, the response to the top 8 food allergens -- milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat varies widely among children, ranging from totally benign to delayed sensitivities to anaphylaxis.

#### Are there any contraindications for SpeechNutrients speak supplement?

All fish oil, including SpeechNutrients speak supplement, can improve circulation by acting as a natural blood thinner, reducing the risk of heart disease. This may be a consideration when combining with supplements (eg: ginger, garlic, curcumin) or medications (eg: aspirin, ibuprofen) that have similar effects on what researchers refer to as platelet aggregation. Surgeons generally recommend discontinuing use of any product that thins blood at least 2 weeks prior to surgery. Check with your healthcare professional.

#### I avoid gluten and casein in my diet, do I need to worry about SpeechNutrients speak?

No. All of the ingredients used in SpeechNutrients speak are free of gluten and casein.

#### What is gluten and casein? I’ve never heard these words before.

You are not alone. Gluten is a type of protein that exists in wheat, oats, rye and barley. Casein is a protein that exists in dairy foods, such as cow’s milk and cheese. Some people are allergic or sensitive to these foods. It is becoming easier to find foods that are free of gluten and casein. Read labels and consult with a dietitian.

#### What are the possible side effects of SpeechNutrients speak supplement?

For healthy children, the primary possible side effect of SpeechNutrients  
speak supplement is loose stools. Be certain to follow recommendations and increase serving gradually. Loose stools are typically not permanent, dissipating over time.

Because omega-3 fatty acids reduce platelet aggregation, acting as a blood thinner, fish oils may increase bleeding time. Erring on the side of caution, omega-3 fatty acid supplementation is often contraindicated for individuals who are taking blood thinners such as warafin and Coumadin®. Doctors recommend that patients discontinue use of fish oil supplements two weeks prior to surgery. SpeechNutrients speak omega-3/vitamin E speech supplement has been formulated to protect against theoretical risks with the inclusion of vitamin K. Oxidation of omega-3 fatty acids typically occurs in liquid forms that are not refrigerated after opening or with capsules that are exposed to high heat. SpeechNutrients speak supplement has been formulated to protect against oxidation with the inclusion of vitamin E. Exposure to environmental toxins in fish, such as mercury, are a concern only in omega-3 fatty acids that are not purified. SpeechNutrients speak supplement is manufactured under stringent regulations.

Nutrition researchers and clinicians consider the natural forms of vitamin E, which are contained in SpeechNutrients speak supplement, to be safe vitamins. Like omega-3 fatty acids, vitamin E acts as a blood thinner; so exercise caution as indicated above.

Some developmental pediatricians and neurologists suggest that children who have a history of neurological disorders, developmental regression, and febrile or non-febrile seizures should use omega-3 fatty acids and vitamin E with caution, consulting with qualified healthcare clinicians before use.

The form of vitamin K, also known as phylloquinone, in NourishLife speak supplement does not result in toxicity. The synthetic form, called menadione, however, can potentially increase oxidative stress. High amounts of vitamins A and E antagonize vitamin K. For this reason NourishLife speak supplement has been formulated with balanced amounts of vitamins E and K.