

# *Autism Community Connection*

## **Autismcc Yahoo Group Responds!**

Our group is comprised of parents, educators and professionals in the autism community. We welcome parents to ask questions so that together we may share our wealth of collected knowledge and insight.

[www.autismcommunityconnection.com](http://www.autismcommunityconnection.com) - <http://health.groups.yahoo.com/group/autismcc/>

Subject: Taking Multi-Vitamins

One of our ACC members has a 2-1/2 year old with huge oral defensiveness and self-limiting diet. She is concerned about his nutrition. She has been trying to give her son chewable vitamins but he won't take it even if she crushes them, hides them in food or spoon feeds it to him. She tried gummi vitamins but that did not work either. If her son detects any difference in text or flavor in his food/drinks, he immediately stops eating. She wanted to know if there are any flavorless, colorless liquid vitamins. Our Yahoo group members offered their suggestions below:

Jen said that the liquid vitamins are expensive but that she could order them at [www.brainchildnutritionals.com/store/Trialsize.html](http://www.brainchildnutritionals.com/store/Trialsize.html) - Their number is 831-465-0104 She also suggested going to a compounding pharmacy like Martin Pharmacy in Naperville. A compounding pharmacy would have other options that might help.

Katrina has a daughter with similar issues. She puts a tablespoon of Pediasure in every glass of milk she gives her daughter throughout the day.

Dawn said there is a product called Water Oz, a tasteless supplement available for calcium, zinc, manganese and other vitamins (but not everything found in a multi-vitamin). Her son takes a half-teaspoon in the morning and evening. Here is the link on where you can order it <http://www.shop.pathwaysmed.com/>. And here is the link to the manufacturer's site to learn more before making a decision <http://www.wateroz.com/> to buy.