

## Sick Day formula suggestion

One of our patients has found the sick day formula described in an article found in *Mitochondrial and Metabolic Disorders, a primary care physician's guide* (2<sup>nd</sup> ed.) to be very helpful. I quote, "a "Sick formula" has been devised that is used in children with mitochondrial disease who contract an infectious illness.

For adults,

Take 10 mg biotin

1 to 2 g vitamin C (25 mg/kg/day-sustained release divided into 2 doses per day or four doses per day for standard tablets)

30 mg zinc

5-10 mg/kg/day chelated magnesium divided into 2 doses

200-800 mg alpha lipoic acid (5-10 mg/kg/day, divided into 2 doses).

This is given at the first sign of an infection or prolonged illness and continued for five to ten days (not longer). It is designed as an acute, outpatient intervention, not to replace a visit to the primary care physician for antibiotics if required." (Naviaux, 2003, p. 12).