

## Orthomolecular Vitamin Therapy

**Note:** The following is an example of vitamins and dietary supplements that might be taken by someone who has schizophrenia. It is intended for illustration purposes only, and not as dietary advice. Anyone choosing to try this regimen does so at their own risk. Anyone planning to stop taking medications should do so only under the guidance of their family physician.

Niacin (available in flush-free forms niacinamide or niacinate)	500 mg	Three times a day at the end of the meal with cold drink
Vitamin C	500 mg	Two to three times a day
Vitamin B complex 100		One a day
Salmon oil (Omega 3)	1 g	Three times a day
Vitamin D	1000 units	Four a day, all at once
Selenium	200 µg	One a day
Cal-Mag (without vitamin D)	333 mg Ca 167 mg Mg	Twice a day