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Título	Preliminary analysis of a clinical trial of children with autism spectrum disorder treated with DHA-rich marine Schizochytrium sp. oil and multi-vitamin/mineral complex
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Resumo	Background: Autism spectrum disorder (ASD) is a syndrome characterized by alterations in social interaction and communication, frequently associated with stereotyped patterns, such as repetitive behavior. Inflammation and oxidative stress are frequently observed in patients, and natural products that control these aspects can be an alternative for ASD treatment. Method: In this prospective case series study, we administered in 2–12 years-old children (n = 12) with severe ASD a commercial extract of marine Schizochytrium sp. oil, composed by 200 mg DHA and 2 mg eicosapentaenoic acid, associated to a multi-vitamin/mineral complex, daily for 12 weeks. Patients were evaluated by Childhood Autism Rating Scale (CARS) and Adaptive Behavior Assessment System Third Edition (ABAS-3) scales before and after the treatment, and had the urine analyzed. Results: Values obtained from CARS, general adaptive composite and social domains from ABAS-3 were statistically different after treatment. Although not statistically significant, conceptual and practical domains from ABAS-3 had the score increased in several patients after the intervention. Among these domains, communication and visual contact improved in all patients, and vocabulary, interaction, feeding, and food selectivity were enhanced in some of them. The total antioxidant capacity in urine increased after treatment, as well as some metabolites, like amino acids, which were exclusive in all patient's urine after the administration of the product. Conclusions: These preliminary data show that the continuous use of marine Schizochytrium sp. oil and multi-vitamin/mineral complex can help control characteristic symptoms of ASD in children.
Fomento	