

Vitamin D supplements may benefit children with Autism Spectrum Disorder

November 21 2016

Vitamin D supplementation improved symptoms of autism in a recent trial.

Studies have shown an association between the risk of [autism spectrum disorder](#) and vitamin D insufficiency. In this latest study, 109 children with autism spectrum disorder were randomized to receive four months of vitamin D3 supplementation or a placebo.

"Autism symptoms—such as hyperactivity, [social withdrawal](#), and others—improved significantly following vitamin D3 supplementation but not after receiving placebo," said Dr. Khaled Saad, lead author of the *Journal of Child Psychology and Psychiatry* study.

More information: Khaled Saad et al, Randomized controlled trial of vitamin D supplementation in children with autism spectrum disorder, *Journal of Child Psychology and Psychiatry* (2016). [DOI: 10.1111/jcpp.12652](#)

Provided by Wiley

Citation: Vitamin D supplements may benefit children with Autism Spectrum Disorder (2016, November 21) retrieved 23 April 2024 from <https://medicalxpress.com/news/2016-11-vitamin-d-supplements-benefit-children.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.