



Folinic Acid Dosing Options

Explanation



Folinic acid is a reduced form of folate that can enter the brain using reduced folate receptors. These are a secondary means by which folate enters the brain. The main receptors for folate in the brain are called folate receptor alpha (FR α). In about 70% of children with autism, folate receptor alpha (FR α) autoantibodies, either blocking or binding, hinder folate from entering the brain. This results in cerebral folate deficiency. Folinic acid supplementation can help restore folate levels in the brain. Studies have shown that this can improve speech, gross motor skills and overall neurodevelopment.

Recommended dosing when antibodies are found to be positive is 0.5-2.0 mg/kg/day.

A trial of folinic acid at these doses can be done if symptoms are present.

Example dose: a 100 kg child can receive 50-200 mg per day.

It is recommended to start low and increase the dose slowly over several weeks.

	Dose	Cost	Pros	Cons
<u>California Gold Folinic Acid</u>	1 drop = 400 mcg 20 drops = 8.0 mg	800 drops \$11.62	flavorless liquid	often out of stock
<u>Super Folinic Acid Powder</u>	1/8 tsp - 847 mcg 1.25 tsp = 8.47 mg	15 tsp \$44.99	<u>Create Fullscript account here.</u>	bulky powder
<u>Super Liquid Folate</u>	1 drop = 400 mcg and 40 mcg B12	660 drops \$32.29	<u>Create Fullscript account here</u>	also contains methylB12
<u>Emephyis</u>	1 capsule = 15 mg	60 capsules \$109.50	high dose capsules	high cost
<u>Leucovorin</u>	5, 10, 15, 25 mg tablet options	varies	possibly covered by insurance	requires Rx