

Vitamin D supplements may benefit children with Autism Spectrum Disorder

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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](https://doi.org/10.1111/jcpp.12652)

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