

Table F-9. Harms/adverse effects in studies of diet and nutritional supplements

Harm/Adverse Event*	N Studies Reporting Harm (# Participants With Harm/Total Participants)	Reported Rates Across Studies
Omega 3 fatty acids		
Appetite decrease ³⁹	1 (7/18)	38.9%
Bruising ³⁹	1 (4/18)	22.2%
Challenging behaviors ³⁹	1 (11/18)	61.1%
Epistaxis ^{41, 45}	2 (2/43)	3.4%-7.1%
Eye/Vision changes ³⁹	1 (3/18)	16.7%
GI symptoms ^{39, 41, 45}	3 (28/61)	3.4%-50%
Hyperactivity ³⁹	1 (3/18)	16.7%
Infection/Fever/Cold/Congestion symptoms ^{39, 41, 45}	3 (39/61)	3.4%-22.2%
Insomnia ³⁹	1 (13/18)	72.2%
Lethargy ³⁹	1 (4/18)	22.2%
Right leg internal rotation ³⁹	1 (2/18)	11.1%
Self-stimulation ⁴¹	1 (2/29)	6.9%
Skin changes ^{39, 41, 45}	3 (17/61)	3.4%-55.6%
DHA		
Agitation/Nervousness/Restlessness ⁴²	1 (2/24)	8.3%
Gluten-Dairy Free Diet		
GI symptoms ⁵¹	1 (3/6)	50%
Gluten-Dairy Containing Diet		
GI ⁵¹	1 (3/6)	50%
Gluten-free, Casein-free Diet		
GI ⁵⁹	1 (4/8)	12.5%-25%
Appetite decrease ⁵⁹	1 (3/8)	37.5%
Healthy, Low sugar Diet		
GI ⁵⁹	1 (2/14)	7.1%
Night wakings ⁵⁹	1 (3/14)	7.1%
Methyl B12		
Epistaxis ⁴⁹	1 (2/27)	7%
GI ⁴⁹	1 (1/27)	4%
Hyperactivity ⁴⁹	1 (2/27)	7%
Inattention ⁴⁹	1 (1/27)	4%
Increased irritability ⁴⁹	1 (1/27)	4%

Harm/Adverse Event*	N Studies Reporting Harm (# Participants With Harm/Total Participants)	Reported Rates Across Studies
Infection/fever/cold/congestion symptoms ⁴⁹	1 (6/27)	4%-11%
Insomnia ⁴⁹	1 (1/27)	4%
Mouthing ⁴⁹	1 (5/27)	19%
Musculoskeletal disorder ⁴⁹	1 (1/27)	4%
Skin changes ⁴⁹	1 (1/27)	4%
Peptizyde		
Challenging behavior ⁴⁸	1 (5/21)	23.8%
Placebo		
Agitation/nervousness/restlessness ^{93, 94}	2 (4/16)	10%-50%
Appetite decrease ³⁹	1 (3/19)	15.8%
Bruising ³⁹	1 (2/19)	10.5%
Challenging behavior ^{39, 48, 49}	3 (12/64)	4%-21.1%
Epistaxis ³⁹	1 (3/19)	15.8%
Eye/Vision changes ^{39, 41}	2 (2/47)	3.6%-5.3%
GI symptoms ^{39, 49, 95}	2 (27/48)	4%-47.4%
Hyperactivity ^{45, 49}	2 (10/36)	23.1%-30%
Inattention ⁴⁹	1 (1/23)	4%
Infection/Fever/Cold/Congestion symptoms ^{a 39, 41, 49, 95}	3 (28/76)	3.6%-26.3%
Insomnia ^{39, 49}	2 (10/51)	5.6%-36.8%
Lethargy ³⁹	1 (2/19)	10.5%
Mouthing ⁴⁹	1 (1/23)	4%
Skin changes ^{39, 49, 95}	2 (21/48)	4%-47.4%
Urinary changes ^{39, 93}	3 (5/52)	9%-10.5%

*Harms reported by more than one participant

^aOne study³⁹ did not clearly report number of patients in each group that reported upper respiratory infections. This harm was not included in the "Infection/fever/cold/congestive symptoms" count in this table.

GI=gastrointestinal; EPS=extrapyramidal