

Efficacy of “polyunsaturated fatty acids (PUFAs; Equazen Eye Q[®])” in the multimodal management of children with autism spectrum disorders

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Introduction: For the multimodal management of children with autism spectrum disorders the NCGDRCH and the CDN collaborate very closely. Especially the complementary medical approach is emphasized.

Background: Several studies stated that the formulation of Equazen Eye Q[®], based on the specific combination of the long-chain ω -3 fatty acids eicosapentaenoic (EPA) and docosahexaenoic acid (DHA) and ω -6 fatty acid (γ -linolenic acid, GLA) with a ratio of 9:3:1, significantly improved the behaviour symptoms of children with ADHD and autism spectrum disorder.

Objectives: The aim of our open-label therapeutic essay was to validate these results in a clinical setting.

Methods: Since 2008 totally 18 boys and 9 girls, aged 3-10 with autism spectrum disorder have been treated for at least 6 months with Equazen Eye Q[®]. All patients continue this dietary supplementation after the open-label therapeutic essay as a part of the multimodal treatment. In the first 6 months all other therapies were kept unchanged. In the beginning and every 3rd month the multidisciplinary group and the parents measured the children’s behaviour using the autism behaviour checklist, rating scales for hyperactivity and stereotypical behaviour.

Results: All patients were responders to the treatment. The parents reported not only a remarkable improvement of the general health, but especially a remarkable improvement of the social behaviour, hyperactivity and impulsivity. 15 patients had a significant sleep quality improvement, 17 patients a significant increased concentration. No side effects were observed.

Conclusion: Equazen Eye Q[®] seems to be a safe and effective concomitant treatment for children with autism spectrum disorder.