

Guidelines for administration of food supplements (English):

The administration of food supplements is only permitted for the daily doses of:

L-Tryptophan: 0.8 gr

L-Tyrosine: 2.0 gr

Choline: 2.0 gr

GABA: 0.8 gr

Actimel drink: L.casei Danone cultures (Lactobacillus casei DN 114001)

Yakult drink: Lactobacillus casei Shirota

Winclove: Ecologic®

The administration of food supplements in doses higher than stated above, and medicine (incl. paracetamol) and psycho-active drugs **is not permitted** (e.g., red bull, energy drinks that contain caffeine, taurine, and nicotine) without requesting permission of the Medical Ethical Committee of the LUMC.