



# Breakthrough Study

## SpectrumNeeds® Plus QNeeds® Show Major Improvements in Autism

In a [groundbreaking double-blind, placebo-controlled, crossover study](#), entitled “A Mitochondrial Supplement Improves Function and Mitochondrial Activity in Autism,” published in the *International Journal of Molecular Sciences*, has demonstrated significant improvements in both mitochondrial function and core autism symptoms in children using SpectrumNeeds® and QNeeds®.

### The Challenge

Autism is increasingly common, affecting 1 in 36 children according to the CDC. Until now, there has been no proven treatment for core autism challenges such as communication difficulties, social struggles, and repetitive behaviors.

**1/36** Children have Autism



Current FDA-approved medications (Aripiprazole/ Abilify and Risperidone/ Risperdal) and applied behavioral therapy (ABA) only address symptoms, not underlying causes.

### The Link to Mitochondrial Function

Research suggests that **80% or more of individuals with autism have some level of mitochondrial dysfunction that reduces cellular energy production and may contribute to autism symptoms.**

Finding a treatment that restores mitochondrial function could have a major impact on improving autism-related challenges. Until now, no supplement has been scientifically proven to improve both mitochondrial function and autism symptoms.

### The Study

Renowned autism researcher Dr. Richard Frye led a clinical trial on 16 children (ages 2–17) with autism to **test the effects of SpectrumNeeds® and QNeeds®.**

Participants took either the supplement (SpectrumNeeds® and QNeeds®) or a placebo (matching in look, smell, and taste). After 3 months, the groups switched so that all participants eventually received both supplement and placebo. This double-blind, placebo-controlled, crossover study is considered the gold standard in medical research.

*The study was funded by the Brain Foundation and XEL Foundation, with NeuroNeeds® providing the supplement and placebo.*





## The Results

### Well-Tolerated

No major side effects were observed, only a mild decrease in appetite in some cases.

### Improved Mitochondria Function

On SpectrumNeeds® and QNeeds®, children showed **significantly improved mitochondrial function** (measured using MitoSwab and Seahorse tests).

Notably, **respiratory capacity (RC) improved**, suggesting better resilience against environmental stressors like viruses and chemicals.

### Significant Clinical Improvements

Children taking the supplement saw **meaningful improvements in all three core autism areas**:

- Verbal communication
- Social skills
- Behavior (including hyperactivity)

## Conclusion & Next Steps

This study is the first to show a **natural treatment, SpectrumNeeds® and QNeeds®, improved both mitochondrial function and core autism symptoms.**

While the trial was small (16 children), the **results were highly encouraging.** A larger study with 120 children is planned to further validate these findings.

### Learn More

This research highlights the potential of targeted nutritional support in autism management.



To learn more about NeuroNeeds' science-backed supplements, visit [neuroneeds.com](https://www.neuroneeds.com) or scan the QR code.

## NeuroNeeds®

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