

Our Founder

Denise Voight, MS is a Clinical Nutritionist with a Masters of Science in Human Nutrition and Functional Medicine specializing in Nutritional Intervention for autism spectrum disorder and ADHD. She is an expert in applying scientifically proven food and nutrition therapies to improve health, learning, and behavior in children with ASD and ADHD.

Denise is committed to placing the emphasis and importance of nutrition as a first line therapy for autism and ADHD. Her passion for studying nutritional biochemistry for the past 20 years emerged from her own son's struggle with ADHD. Using a Functional Medicine approach to heal his gut and identify food intolerances changed their lives and drove Denise to pursue her career as a Functional Medicine Nutritionist where she uses her expertise and compassion to help educate, empower, and support families affected by autism and ADHD.

Denise formulated My Spectrum Heroes™ when she couldn't find high quality nutraceuticals made specifically for children, with the ideal combination of ingredients in the proper bioavailable forms, and that would not contain ingredients that could aggravate autism or ADHD. Denise made it her mission to develop a line of superior nutritional support supplements that would provide these vitally necessary nutrients and make them available to all families, even those who don't have access to specialty doctors who carry therapeutic supplements.



MY SPECTRUM HEROES™

Multivitamin Mineral Plus

**HIGH POTENCY MULTIVITAMIN
MINERAL SUPPLEMENT DESIGNED TO
PROVIDE THE NUTRITIONAL NEEDS OF
THE DEVELOPING NERVOUS SYSTEM,
WITH EXTRA SUPPORT FOR**

Ignite your child's special spark with a nutritional supplement specifically made to boost brain health and development in kids.

My Spectrum Heroes™ contains a nourishing blend of vitamins and minerals designed to support growing minds.



My Spectrum Heroes™ is a dietary supplement designed to provide the nutritional needs of the developing nervous system with extra support for individuals with autism.

The formulation also bridges nutritional gaps that are commonly associated with asd.

By addressing potential dietary deficits, **My Spectrum Heroes™** ensures that children with autism can receive the vitamins and bioactive compounds that are needed for the healthy growth and maturation of their brains and neurocognitive functions.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Why My Spectrum Heroes?

Studies show that the developing brains of children have specific nutritional needs, which is why we designed My Spectrum Heroes™

We know that it's difficult to encourage healthy food choices in kids, so we decided to fill in the vitamin and mineral gaps to give you peace of mind; you can rest assured your child is getting the best nutrition for brain health, even if they forget to eat their veggies today.

MY SPECTRUM HEROES™ IS DESIGNED TO HELP YOUR CHILD GROW AND PLAY IN THEIR HEALTHIEST WAY. WE WANT TO HELP KIDS BE THE BEST VERSION OF THEMSELVES.

We also want the best for you and your family and know that some children are sensitive to additives, so we made our formula extra gentle and to exacting quality standards. My Spectrum Heroes™ uses the purest ingredients and does not contain any gluten, soy, casein, or artificial dyes, flavors, sweeteners, or other additives.



Supplement Facts

Serving Size 1 tsp (dependent on weight)
Servings per Container 30

Amount Per Serving	%DV
Vitamin A (as Beta Carotene, as Vitamin A Palmitate)	3832 mcg 426%
Vitamin C (as Ascorbic Acid)	500 mg 556%
Vitamin D (as Cholecalciferol)	25 mg (100 IU) 125%
Vitamin E (as d-Alpha Tocopheryl Succinate, as Mixed Tocopherols)	195 mg 1300%
Vitamin K (Vitamin K1, as Vitamin K2 Menaquinone-7)	150 mg 125%
Riboflavin (as Riboflavin 5 Phosphate)	40 mg 3077%
Niacin (as Niacinamide)	35 mg 219%
Vitamin B6 (as Pyridoxal 5 Phosphate, as Pyridoxine HCL)	40 mg 2353%
Folate (as 5-methyltetrahydrofolate, calcium salt)	510 mcg DFE 128%
Folate (Folinic Acid)	510 mcg DFE 128%
Vitamin B12 (as Methylcobalamin)	500 mcg 20833%
Biotin (as D-Biotin)	225 mcg 750%
Pantothenic Acid (as Calcium Pantothenate)	30 mg 600%
Calcium (as Calcium Glycinate, as Calcium Pantothenate)	177 mg 14%
Iodine (as Potassium Iodide)	100 mcg 67%
Magnesium (as TRAACS® Magnesium Bisglycinate)	100 mg 24%
Zinc as TRAACS® Zinc Bisglycinate	15 mg 136%
Selenium (as L-Selenomethionine)	40 mcg 73%
Manganese (as Manganese Glycinate)	1 mg 43%
Chromium (as Chromium Polynicotinate)	70 mg 200%
Molybdenum (as TRAACS® Molybdenum Glycinate)	100 mcg 222%
Potassium (as Potassium Citrate)	50 mg 1%
OptiMSM® (Methylsulfonylmethane)	500 mg †
Inositol	100 mg †
Precipitated Silicon Dioxide	60 mg †
CoQ10 (Ubiquinone)	50 mg †
N-Acetyl-L-Cysteine (NAC)	45 mg †
Benfotiamine	20 mg †
Acetyl L-Carnitine (as Acetyl L-Carnitine HCL)	200 mg †

† Daily Value (DV) not established



- ⊘ GLUTEN
- ⊘ GMOS
- ⊘ DAIRY
- ⊘ PRESERVATIVES
- ⊘ CASEIN
- ⊘ SOY
- ⊘ ADDED SUGAR
- ⊘ ARTIFICIAL INGREDIENTS

Our Solution

The brain and nervous system are constantly developing in children, so we made sure My Spectrum Heroes™ contains the top research-backed nutrients to support the healthy growth of brain cells. Most children's multivitamins do not have the exclusive mind support ingredients we have selectively chosen for our formula, such as:

Acetyl-L-carnitine

Drives healthy fats to high-need brain cells.

Choline

Boosts brain chemicals that form thoughts and memories.

Coenzyme Q10

An antioxidant that amps up brain energy production.

Inositol

Calms mood via serotonin, our happy brain hormone.

MSM

Helps the body clear waste products and support healthy levels of inflammation.

MTHF

Promotes healthy DNA and nervous system development.

NAC

Boosts antioxidant levels to keep the nervous system running smoothly.

You want your child to succeed, and so do we.

To offer them the best support for their growing minds, My Spectrum Heroes™ helps children shine even brighter.

Benefits of My Spectrum Heroes

- ✔ Adequate dietary intake of nutrients needed for neurological development and function
- ✔ Compounds in their bioavailable forms
- ✔ Promotes healthy levels of inflammation
- ✔ Improved mitochondrial health and energy production support for blood health
- ✔ Safe for diets limiting gastrointestinal irritation
- ✔ Enhanced neurological function in children