

THE ULTIMATE SUMMARY OF
MITOCHONDRIAL DYSFUNCTION



MITOCHONDRIAL
DYSFUNCTION
CHEAT SHEET

A QUICK REFERENCE GUIDE TO HELP YOU INVESTIGATE THE INS AND OUTS OF MITO DYSFUNCTION

Mitochondrial Dysfunction Cheat Sheet

Signs & Symptoms of Mitochondrial Dysfunction	Potential Causes/Contributing Factors to Mitochondrial Dysfunction	Interventions to Restore Mitochondrial Function
<ul style="list-style-type: none"> ● Fatigue ● Language impairment (apraxia) ● Social impairment ● Weakness ● Clumsiness ● Poor growth ● Gastrointestinal dysfunction (constipation or diarrhea) ● Seizures ● Headaches ● Developmental delay or regression ● Low muscle tone ● Cognitive delay (usually slow processing) 	<ul style="list-style-type: none"> ● Heavy metal exposure (mercury, lead, arsenic, cadmium, aluminum) ● Pesticide exposure ● Diesel exhaust exposure ● Propionic acid endotoxin exposure from clostridia gut pathogen ● Acetaminophen (Tylenol) ● Risperidone ● Salicylates (like aspirin) ● Valproic acid ● Hypoxia (exposure to lower-than-normal oxygen levels) ● Anemia ● Decreased metabolic reserves (nutrients, glutathione) 	<ul style="list-style-type: none"> ● Increase meal frequency ● Improve hydration ● Avoid Toxicants (see contributing factors) ● Avoid medications that inhibit mito function (see contributing factors) ● Minimize illness and apply extra supportive measures when your child is sick ● Avoid environmental temperature extremes ● Take additional measure to support your child through medical procedures ● Encourage moderate exercise. ● Address gut dysbiosis (Clostridia) ● Speak to your practitioner about nutrient therapy to support mitochondrial health: <ul style="list-style-type: none"> ○ L-carnitine ○ Coenzyme Q10 ○ Vitamin B1 (thiamine) ○ Vitamin B2 (riboflavin) ○ Vitamin B6 (pyridoxine) ○ Vitamin B5 (pantothenic acid) ○ Vitamin E ○ Vitamin C ○ Alpha-lipoic acid ○ Vitamin K ○ Folic acid ○ Methyl-B-12 (methylcobalamin) ○ Selenium ○ Ginkgo biloba ○ D-ribose ○ Acetyl-L-carnitine ○ Glutathione