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Modulation of autistic symptoms using dietary supplement of a psychobiotic nature: A Case Report

Antidepressants, antipsychotics, anti-anxiety drugs, or sleeping pills are most often used to treat autism spectrum disorders. However, drug treatment is often poorly tolerated. Since a certain association of autism with gut microbiota dysbiosis has been demonstrated, modulation of dysbiosis with prebiotics, probiotics, symbiotics or psychobiotic preparations could contribute to alleviation of some categories of autism manifestations. The food supplement Juvenil represents a complex of natural molecules containing free amino acids, including all the essential ones, short peptides, nucleotides, and traces of phospholipids. Juvenil helps normalize the intestinal microbiome and eliminates dysbiosis, which, through the microbiota–gut–brain axis, is reflected in modulation of the expression of functional systems of the body. Here we present one of the cases of alleviation of autism symptoms after application of the Juvenil food supplement. Thomas is a 14-year-old boy with a pervasive developmental disorder specified as autism spectrum disorder (Asperger's syndrome), which was diagnosed at 4 years of age. Thomas, after the Juvenil supplementation, rid himself of dark thoughts, lost his negative attitudes toward the world around him, and began to perceive his surroundings and activities around him positively. The anxiety has also disappeared. Thomas, who was only interested in himself, has stopped being egocentric. He now shows interest about his mother and all family members every day. He wants to receive more information. Patient perspective: His ability to understand human feelings has improved, he is better able to engage in conversation with adults and he is not verbally aggressive. He is able to be with children and adults; he is interested in being part of events and to participate in independent decision making.

Keywords: Autism Spectrum Disorder, Food Supplement, Juvenil

Biography

The author's dominant topic is infection biology oriented towards host-pathogen interactions with a special focus on early innate immune responses of hosts. A parallel topic is basic research on modulators of biological responses. The author is also a recognized expert in the field of biosecurity and biological defense, he was a member of working groups of the European Defense Agency and NATO task forces. The author was the founder of the Institute of Immunology of the Military Medical Academy and the Center for Advanced Studies of the University of Defense.