

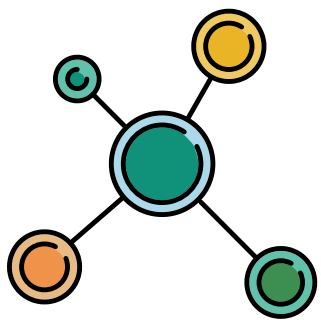
ADHD

AWARENESS MONTH

OCTOBER 2020

COMMON QUESTIONS RELIABLE ANSWERS

Are there supplements that can improve ADHD symptoms?



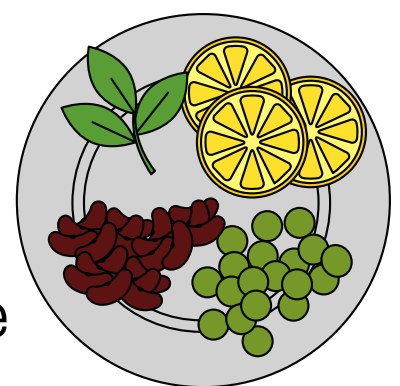
Studies have found that micronutrients (a combination of vitamins and minerals) can have a positive effect on ADHD symptoms in children and adults.

While not everyone responds to an increase in micronutrients, there are substantial effects across all areas of functioning in those who do benefit.



The strongest effects noted in research have been improved attention, emotional regulation, and reduced aggression.

It is best to try to get micronutrients by eating nutrient rich foods (such as vegetables, fruit, nuts, legumes, and fish) but people can also purchase the mineral-vitamin supplements that have been studied successfully in research.



Other nutrients found to be important for ADHD include the omega 3 fatty acids; eat fish 1-2 times per week or take at least 500 mg of EPA in a pill.

Learn more at ADHDAwarenessMonth.org

Information adapted from Professor Julia Rucklidge