

ADHD

Antioxidant Status

Oxidative imbalance is prevalent in ADHD patients and likely plays a causative role; Deficiency of glutathione common in ADHD.^{3,4,5,6}

Folate

Low folate status in pregnancy linked to hyperactivity in children; People with the MTHFR (methyl tetrahydrofolate reductase) gene are predisposed to folate deficiency and more likely to have ADHD.^{1,2}

Vitamin B6

Evidence suggests high dose supplementation of B6 is as effective as Ritalin for ADHD, probably due to its role in raising serotonin levels.^{7,8,9}

Choline

Precursor to neurotransmitter acetylcholine, which regulates memory focus and muscle control (hyperactivity).^{24,25,26}

Magnesium

Deficiency linked to poor function of the neurotransmitters that control emotion, social reactions, hyperactivity and attention; Synergistic effect with Vitamin B6.^{8,9,10}

Glutamine

Precursor for the calming neurotransmitter GABA (gamma-aminobutyric acid) that affects mood, focus and hyperactivity; Disruption of the glutamine-containing neurotransmission systems may cause ADHD.^{21,22,23}

Zinc

Cofactor for dopamine synthesis which affects mood and concentration in ADHD; Low zinc depresses both melatonin and serotonin production which affect information processing and behavior in ADHD.^{11,12,13,14}

Serine

Administration of phosphatidylserine with omega 3 fatty acids improved ADHD symptoms (attention scores) significantly better than omega 3 fatty acids alone, suggesting a synergistic effect; Phosphatidylserine increases dopamine levels.^{18,19,20}

Carnitine

Reduces hyperactivity and improves social behavior in people with ADHD due to its role in fatty acid metabolism; Some consider it a safe alternative to stimulant drugs.^{15,16,17}