

# 5 ALL-NATURAL ADHD SUPPLEMENTS

Give your brain a boost without upping your ADHD meds. These all-natural supplements may improve focus, attention, and alertness – without any prescription needed.

## B Vitamins

Studies suggest that B vitamin supplements may improve IQ scores and reduce aggression and antisocial behavior in children who are B-vitamin deficient. Vitamin B-6 may also increase the brains' levels of dopamine, a neurotransmitter that improves alertness.

**Try:** Bio-Strath, a Swiss vitamin B formulation that comes in pill and liquid forms.

## Zinc, Iron, and Magnesium

Zinc synthesizes dopamine and boosts the effects of some ADHD stimulant medications, such as Ritalin and Concerta; low levels of zinc correlate with inattention. Iron is also necessary for making dopamine; low levels of iron may cause cognitive deficits and severe ADHD. Adequate levels of magnesium keep the brain calm.

**Try:** While diet is the safest way to increase mineral levels, a multivitamin/multimineral with iron will ensure that you or your child will get the correct daily amount of all three.

## Multivitamins/Multiminerals

If your child is a picky eater or junk-food junkie, he likely won't get his daily recommended value of vitamins and minerals – important for any child, especially one with ADHD. A daily multivitamin/multimineral will ensure that he gets what he needs.

**Try:** Hero's Yummi Bears Multi-Vitamin + Minerals. They're free of artificial colors and flavors, which increase hyperactivity in some ADHD kids.

## Omega-3s

Omega-3s are good-for-you fatty acids found in cold-water fish like sardines, tuna, and salmon. They're believed to play an important role in the way the brain works. Recent studies suggest that ADHD children may be deficient in omega-3s, and that a daily supplement may decrease ADHD symptoms while improving focus and cognitive function.

**Try:** Supplements that have more EPA (eicosapentaenoic acid) than DHA (docosahexaenoic acid), such as OmegaBrite, Omega Rx, MorEPA, Nordic Naturals, or Clicks Bar.

## Picamilon

A combination of the B-vitamin niacin and gamma-aminobutyric acid, picamilon improves blood flow to the brain. It's been shown to improve alertness and attention, as well as reduce aggressive behavior.

**Try:** Picamilon is available for purchase online at [smart-nutrition.net](http://smart-nutrition.net) or [antiaging-systems.com](http://antiaging-systems.com).

Always consult your doctor  
before starting supplements.

[www.additudemag.com/alternative-adhd-treatment.html](http://www.additudemag.com/alternative-adhd-treatment.html)

