

# Attention Deficit Hyperactivity Disorder (ADHD)

Does your child suffer from Attention Deficit Hyperactivity Disorder (ADHD)? Does taking prescription medications to treat ADHD cause unwanted side effects? If so, you want to consider an all-natural, alternative approach to the treatment of ADHD with traditional pharmaceuticals.

Current pharmacologic treatment of ADHD often includes the use of medications such as methylphenidate (Concerta®, Metadate®, Ritalin®) or amphetamine salts (Adderall®). These medications have a number of potential side effects including:



- Heart Palpitations
- Increased Pulse
- Dizziness
- Headache
- Nervousness
- Nausea, diarrhea and vomiting
- Blurred vision
- Insomnia
- Muscular twitching

Additionally, these medications may be habit forming, leading to potential abuse and there are the practical issues to deal with because of their status as controlled substances.

Although the exact mechanism of the development of ADHD is not known, a growing body of evidence indicates that a number of nutritional deficiencies may contribute to the development of symptoms.

The deficiencies include:

- Deficiencies in essential fatty acids and phospholipids
- Amino acid deficiencies
- Mineral imbalances
- Deficiencies of B vitamins and phytonutrients

At Ward Drug Company, we recommend the following products as part of an alternative approach to dealing with ADHD:

- A quality, pharmaceutical grade multi-vitamin
- Essential Fatty Acid Complex
- Phosphatidylserine
- Attend

## Essential Fatty Acids

Considerable evidence supports the idea that deficiencies in polyunsaturated fatty acids (the "good" fats) may contribute to a number of developmental disorders, including ADHD. EFAs are necessary for the proper repair of cellular membranes, and may improve the functioning of nerve junctions and increase the efficiency of certain brain chemicals.

(Take 2 in the morning and 1 at night)

## Multivitamin / Multimineral

A quality multivitamin / multimineral formulation is essential for proper replacement of B-vitamins and minerals. At Ward Drug Company, we recommend both Ultragenesis (formulated by a pharmacist) or Clinical Nutrients line of multivitamins. Both of these contain vitamin concentrations in excess of the standard RDA (recommended daily allowance) that are usually found in typical one-a-day vitamins. For children under the age of 12, we recommend the Kirkman brand of children's chewable vitamins.

Take 2 in the morning and 1 at night)

## Phosphatidylserine

Phosphatidylserine is a phospholipid component that is present in cell membranes, and is particularly plentiful in the membranes of nerve cells. Phosphatidylserine is vital for proper regulation of the cellular environment and for signal transduction between nerve cells.

Take 1 in morning and 1 at night)

## Attend

Växa's Attend is a safe, homeopathic medicinal specifically engineered to help support the function of the Central Nervous System (CNS) of individuals who are inclined to be inattentive, under- and/or overactive and perhaps learning impaired, enabling the body to balance both neural growth and neurotransmitter production within the Brain and Central Nervous System.

The homeopathic ingredients in Attend support the body's ability to:

Help calm and reduce stress and frustration.

Help focus attention and improve concentration.



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