

Name: _____

Date: _____

ADHD, Attention Deficit Hyperactive Disorder Re-evaluation Date: _____

Supplemental Support:

This recommendation is not meant as a diagnosis or to replace the advice of your health care practitioner, rather it is supportive in helping you return to health and vitality.

MULTIPLE SUGAR REGULATING BLEND

(BIO-GLYCOZYME)

(2-bid)

ESSENTIAL FATTY ACID BLEND

(MIXED EFA'S OR OPTIMAL EFA'S)

(1-2 TBLSPS)

Or 2 capsules of Optimal EFA's Bid

PYCNOGENOL-MARITIME BARK EXTRACT

(BIO-CYANADINS) divided doses are best

(3 Caps daily)

As we all know Phytochemicals are receiving a high degree of interest due to their antioxidant, anti-inflammatory, and detoxifying effects not to mention the many possible subtle synergistic effects in areas not yet understood. Two that are receiving a great deal of attention are the proanthocyanadins from grape seed (OPC-85) and pine bark (Pycnogenol). While similar biochemically, there are positive subtle variations in clinical feedback. Therefore Biotics Research combined both in one product for maximum advantage. In European study Pine bark extract alone was used at a dose of 1 mg/kg/day improved ADHD symptoms. Based on this study, since there are 2.2 lbs/kg, children typically weighing 74-80 lbs. would need approximately 36 mg. Heavier children or adults should increase the dose appropriately. Three Bio-Cyanidins (15 mg Pycnogenol per tablet) would supply that amount. By using Bio-Cyanidins we get the benefits of the pycnogenol plus the benefits of the proanthocyanadins.

Avoid the Following:

- ***Sugar and refined grains:*** Raise blood sugar and stress the adrenal glands, feed yeast, increases dysbiosis and cause a myriad of serious health problems.
- ***Chemical additives:*** The average American consumes ten pounds of food additives each year. This stresses the liver and the immune system.
- ***Hydrogenated oils and fried foods:*** Hydrogenated oils promote inflammation and cardiovascular disease, while decreasing immunity and hormonal health. Nerves and brain function are also affected.
- ***Repetitious eating:*** The foods that one becomes sensitive to are usually those eaten on a daily basis. A simple rotation diet minimizes stress to the immune system from hidden allergies. Try eliminating common allergens such as wheat and other grains, dairy, corn, soy, citrus fruits, chocolate, coffee, and soda.
- ***Processed and packaged foods:*** These foods are devoid of real nutrition. Processed and packaged foods create nutritional deficiencies, diminishing one's health and vitality.