



Paperflower Psychiatry
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Supplements for ADHD, mood and anxiety

L-methylfolate 7.5mg: Some people have what is called the 'MTHFR' gene abnormality. This basically means because of genetics, the brain does not have the building blocks to make chemicals such as serotonin, dopamine, etc. This also means if we try medications like antidepressants, they don't work like they should because of this. By adding this supplement, it helps give you the "building blocks" you may not otherwise make.

Magnesium: "Calm" powder is literally the best thing ever for ADHD + anxiety. It relaxes your muscles, reduces restlessness, helps with focus, reduces anxiety and helps with sleep quality. They also have capsules and gummies. Anything with Magnesium *citrate* is good off-label, but start with a low dose and move up slow. If you start with too much without building it up, it can give you loose stools. Foods high in magnesium can also help in the long term (sunflower seeds, beans, avocado, bananas). You can do up to 400mg/day.

Thiamine: 200mg up to three times a day can help with reducing anxiety.

Zinc: there is some research that small dosages of zinc can help with focus, and that people who have ADHD are low in zinc. Up to 20mg a day is fine to take. Often times "focus" supplements at stores like Sprouts have zinc in them, which can be helpful.

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Coenzyme Q10: 100-200mg can help with focus.

Ashwaganda: 300mg a day in the morning can help with anxiety + mood. It has some of the best evidence in research out of any natural remedies for depression or anxiety.

Inositol: this has been shown to be effective for ADHD, panic disorder and anxiety. 12-18g is recommended. In basic terms, it's like a sugar that can be found in foods and helps to regulate hormones and neurotransmitters. In supplements, you can take larger amounts and see more benefits.

Ginkgo: there is some research behind this helping with focus at low dosages, but it can have some side effects like ringing in the ears, allergic reactions, dizziness or headache. This can also interact with medications, so ask your provider before starting this.

Omega/DHA + EPA: more helpful in the long term than the short term. It can take 2-3 months of daily use to notice a difference for ADHD, but it is really good for brain development and brain health. 2,000mg of omega's with 500mg EPA is what you should aim for if you go this route.

Vitamin D: a lot of people who have ADHD and dips in mood tend to have low Vitamin D levels..actually most people in Arizona do. Get more sun, fortified products (almond milk), or a 2,000 to 5,000 unit supplement.

B Complex Vitamins: Anything with a B complex vitamin (1,000-2,000 of B12) help a TON with energy and mood.