



## **ADHD - Natural Treatments Can Be More Effective**

A research study conducted by the University of South Australia found that Omega-3 fish oil can be more effective than stimulant drugs commonly prescribed for children with attention deficit hyperactivity disorder (ADHD), according to new research.

A supplement consisting of combination of omega-3 fish oil and omega-6 evening primrose oil was tested on 132 ADHD children over a period of 15 to 30 weeks.

At the end of the 30 week period, almost half of the children had reduced ADHD symptoms, according to their parents who completed assessment questionnaires for the study.

For the initial 15 weeks of the study, children were divided into three groups: one taking the omega-3 fish oil and omega-6, one taking a low dose multi vitamin/mineral supplement and; a third group taking a placebo.

After 15 weeks, all children went on the omega-3 fish oil and omega-6 and the multi vitamin/minerals.

"Around 30 per cent of the children had shown strong positive treatment effects on the core ADHD symptoms of inattention and hyperactivity-impulsivity compared to the placebo group after 15 weeks," study leader Natalie Sinn said.

"These effects were mirrored in the placebo group following their switch to active treatment, and the fish oil groups continued to improve after taking the supplement for a further 15 weeks.

"According to the data, the multi vitamin/mineral supplement had no additional effects."