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## **Outcome-based comparison of Ritalin versus food-supplement treated children with ADHD.**

Altern Med Rev. 2003 Aug; 8(3): 319-30.  
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McLean Hospital, Belmont, Massachusetts, USA.

Twenty children with attention deficit/hyperactivity disorder (AD/HD) were treated with either Ritalin (10 children) or dietary supplements (10 children), and outcomes were compared using the Intermediate Visual and Auditory/Continuous Performance Test (IVA/CPT) and the WINKS two-way analysis of variance with repeated measures and with Tukey multiple comparisons.

Subjects in both groups showed significant gains ( $p$  less than 0.01) on the IVA/CPT's Full Scale Response Control Quotient and Full Scale Attention Control Quotient ( $p$  less than 0.001).

Improvements in the four sub-quotients of the IVA/CPT were also found to be significant and essentially identical in both groups: Auditory Response Control Quotient ( $p$  less than 0.001), Visual Response Control Quotient ( $p$  less than 0.05), Auditory Attention Quotient ( $p$  less than 0.001), and Visual Attention Quotient ( $p$  less than 0.001).

Numerous studies suggest that biochemical heterogeneous etiologies for AD/HD cluster around at least eight risk factors:  
food and additive allergies,  
heavy metal toxicity and other environmental toxins,  
low-protein/high-carbohydrate diets,  
mineral imbalances,  
essential fatty acid and phospholipid deficiencies,  
amino acid deficiencies,  
thyroid disorders, and  
B-vitamin deficiencies.

The dietary supplements used were a mix of vitamins, minerals, phytonutrients, amino acids, essential fatty acids, phospholipids, and probiotics that attempted to address the AD/HD biochemical risk factors.

**These findings support the effectiveness of food supplement treatment in improving attention and self-control in children with AD/HD and suggest food supplement treatment of AD/HD may be of equal efficacy to Ritalin treatment.**