

HERBAL SUPPLEMENTS THAT MAY IMPROVE ADHD SYMPTOMS IN CHILDREN

Ginkgo biloba (Maidenhair tree)



- Has neuroprotective effects due to its antioxidant properties
- May improve anxiety

Bacopa monnieri (Brahmi)



- May improve intellect and concentration
- May reduce brain inflammation and modulate neurotransmitter activity

Melissa officinalis (Lemon Balm)



- Has antianxiety, antioxidant, and neuroprotective properties
- May help improve focus

Valeriana officinalis (Valerian)



- Has soothing and mood-enhancing properties
- May increase levels of dopamine

Note: Consult a pediatrician or a certified expert before using these supplements for children.

Reference

- 1 Phytotherapy for Attention Deficit Hyperactivity Disorder (ADHD): A Systematic Review and Meta-analysis; Frontiers