

# IN THE NAME OF GOD

دکتر نازنین حقوقی  
فوق تخصص روانپزشکی کودک و نوجوان  
دانشگاه علوم پزشکی اصفهان

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central text. The overall aesthetic is clean and modern.

# Nutrition and supplementation in **ADHD**

## Gut-brain communication:

Vagus nerve and through transport of short-chain fatty acids, cytokines, amino acids, and neurotransmitter precursors

## Entero-endocrine cells:

release hormones and dendritic cells that modulate immune and microglia function, ultimately influencing neuroactive metabolites that impact behavior

# Gut bacteria:

metabolism, GI health, neurological health and  
immune function

synthesize neurotransmitters

improve social and anxiety-like behaviors

# Lactobacillus rhamnosus GG:

stabilization of the intestinal permeability barrier, possibly leading to changes in tight junctions, mucin production, and production of antigen-specific immunoglobulin A

regulation of emotional behavior and the central GABAergic system through the vagus nerve is related to a number of neuropsychiatric disorders, such as attention deficit hyperactivity disorder, Asperger's, anxiety, depression, and autism

Improvements in GI- and ASD-related symptoms were observed in a small pilot study of ASD-diagnosed children after microbiome transfer therapy

# Infant microbes and metabolites point to childhood neurodevelopmental disorders

A birth cohort for over 20 years to find factors associated with neurodevelopmental disorder (ND) diagnosis

# ADHD

higher score on the GI Severity Index:  
constipation, diarrhea, average consistency of stool, bad smell of feces, abdominal pain and bloating more than healthy children



# ADHD

DIET

SUPPLEMENT

# DIET

Sugar

Wheat

Egg

Milk

Artificial color

Fatty acid

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# Meta-Analysis of Attention- Deficit/Hyperactivity Disorder, Restriction Diet, and Synthetic Food Color Additives

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# Nutrition in the *Management* of ADHD: A Review of Recent Research

# SUPPLEMENTS

Probiotics

Omega3


Iron

Zinc

Vit b6

Vit d3

magnesium

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# The effect of long-chain omega-3 fatty acids on Children with ADHD

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# Effectiveness of Treatment with Added Probiotic Supplement in Children with Attention- Deficit/Hyperactivity Disorder

# HERBS

Treating ADHD symptoms  
Improve mental performance





Ginkgo Biloba

Panax Ginseng

Matcha Green Tea

Turmeric

Maca Root

# QELBREE

an effective, safe, and convenient once-a-day non-stimulant attention deficit/hyperactivity disorder (ADHD) medication for adults and kids ages 6 years and older

# brainzyme

natural supplement: plant extracts, vitamins, and minerals that  
have been scientifically proven to support cognitive activity,  
mental performance, and brain health  
**support focus, energy, mood and memory.**

Thanks for your attention