

EQUAZEN® MINDFULL™ NUTRITION & LIFESTYLE GUIDE



INTRODUCTION

Attention-deficit/hyperactivity disorder (ADHD) is a globally recognized neurodiverse condition that impacts a wide variety of social, emotional, and cognitive developmental processes in those affected. There are several factors that can contribute to ADHD and how it manifests—all of which are unique to each individual. Because of this variability, it's necessary to consult with a healthcare practitioner who can provide tailored treatment for a personalized approach to ADHD.

NUTRITIONAL CONSIDERATIONS CHECK THE LABEL

Diet modification plays an essential role in the management of ADHD. Part of this modification might include lowering the intake of packaged foods, as these often contain inflammation-promoting ingredients that can negatively stimulate the nervous system while also potentially increasing hyperactive behavior in some children. Be sure to carefully read food labels, and limit ingredients like:

SUGAR: especially high-fructose corn syrup and other sugars found in candy, desserts, sodas, and juice.

ARTIFICIAL SWEETENERS: such as sucralose, aspartame, neotame, saccharin, and acesulfame potassium.

REFINED CARBOHYDRATES: including those found in candy, bread, pasta, pastries, some cereals, cookies, cakes, sugary soft drinks, and all processed foods that contain added sugar or flour. These items are often stripped of their fiber contents, which results in raised blood sugar levels and reduced inflammation modulation.

CONVENTIONAL DAIRY: opt instead for pasture-raised dairy, goat milk dairy products, or dairy alternatives if your child has a food allergy or sensitivity.

FOOD DYES AND COLORS: be wary of any food item that contains bright, unnatural-looking colors. For example, Red #40 (Allura Red), Red #3 (erythrosine), Blue #1 (Brilliant Blue), Blue #2 (Indigo Carmine), Yellow #5 (tartrazine), Yellow #6 (Sunset Yellow), and Green #3 (Fast Green) are all artificial colors.

FOOD ADDITIVES: such as MSG, BHT (butylated hydroxytoluene), BHA, and yeast extract.

ADDED NITRATES/NITRITES: like those found in deli or processed meats and canned foods.

PRESERVATIVES: such as sodium benzoate, EDTA, BHT, and BHA.

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ASSESS FOR POTENTIAL FOOD ALLERGIES AND SENSITIVITIES

Diets that restrict—or, even better, eliminate—possible food allergens and sensitivities may help to improve behavior in some children with ADHD. There are many different ways that your doctor can diagnose potential food challenges—for example: blood antibody tests, which are more accurate for food sensitivities than skin prick tests. Be sure to ask your doctor which assessment option is best for your child.

EAT LOTS OF NUTRIENT-DENSE FOODS

Focus on consuming whole, unprocessed foods and foods that are high in B vitamins, such as animal products, wild-caught salmon, and leafy green vegetables. Don't forget the whole grains and healthy fats—these staples serve as essential fuel for hard-working, growing brains.

REGULATE BLOOD SUGAR

To improve blood sugar control, make sure the first meal your child consumes each day contains around 10 grams of protein. Establishing healthy grazing patterns—eating every 3 hours or so—between mealtimes can also lessen potential blood sugar swings, which typically result in irritability and can result in undesirable behavior. As part of your child's daily diet, include a combination of all three macronutrients: a preferred carbohydrate (whole grains, fresh fruit, starchy vegetables) + a preferred protein (lean meat, poultry, fish, nuts, nut butters, legumes, eggs) + a preferred fat (plant sources: oils, avocado, seeds).

PROMOTE HEALTHY DETOX

We are what we eat, digest, absorb, and turn into energy! Incorporating healthy foods into the diet is crucial, but so is the body's ability to detoxify and get rid of wastes effectively. Staying hydrated and consuming adequate amounts of fiber can help to flush out excitatory waste products from the body while also encouraging natural, gentle detoxification. Fiber additionally promotes feelings of fullness, improves blood sugar control, and feeds the beneficial bacteria in your gut.

LIFESTYLE RECOMMENDATIONS

FIDGET-FRIENDLY LEARNING

Some children and adolescents with ADHD are able to learn and concentrate more easily when they fidget. Some do so in order to help themselves focus, while others shuffle to keep their bodies and thoughts more organized. Regardless of the reason behind the fidgets, these movements increase vestibular sensory input, which—along with supporting and maintaining balance—helps them to stay alert and focused. A few ideas for incorporating fidget-friendly movement while learning include:

SENSORY SEATS: Sensory chairs and fidget cushions are designed to help children remain attentive and focused while in the classroom, providing kids with a tool to keep themselves engaged and alert. There are a number of options to consider when it comes to fidget-friendly seating. Give some of these a try: wobble cushions, fidget cushions, wobble stools, ball chairs, or one-legged chairs.

SQUEEZE BALLS: Silly Putty, Play-Doh, squishy balls, stress balls, hand exercisers ... there are dozens of objects that can be used as quiet fidgeting devices. You can also use items around the house for a fun—and easy—alternative to store-bought products: fill up balloons with different items (seeds, rice, flour, etc.). These makeshift squeeze balls are perfect for squishing.

DOODLING: If your child is scrawling in notebook margins during class, don't fret. Doodling helps countless students to focus, not just those who have ADHD. Many also benefit from drawing during story time or lessons.

CHAIR LEG BANDS: An excellent way to focus the fidgets is to facilitate controlled movement. Tie a large rubber band or yoga band across the front legs of a chair for students to push or pull against with their legs. Caution: This could be a tripping hazard for younger children.

LOOK INTO ENVIRONMENTAL CONTRIBUTORS

The environmental pollutants and nervous system-disrupting chemicals present in our homes, body products, food ingredients, and more may all impact conditions like ADHD—and to a substantial degree. Try to reduce exposure to these unfriendly chemicals by becoming more mindful about the products you and your family use daily. And, be sure to do your research. A couple of helpful resources to get you started include EWG's Skin Deep® and Guide to Healthy Cleaning.

ESTABLISH SLEEP ROUTINES FOR SWEET DREAMS

There are any number of benefits that can result from a routine that ensures the quality and quantity of proper sleep. Practice better sleep hygiene by sticking to a regular sleep schedule, ending screen time 60 to 90 minutes before bed, and keeping the bedroom cool, completely dark, and free of electronics when it's bedtime.

ENJOY THE OUTDOORS

Rambling outside and enjoying nature can provide a wealth of positive impacts, especially for kids. The more time they spend in a natural setting, the greater their ability to focus and concentrate. Engaging in activities like camping, fishing, and even just frolicking in the woods can help children to recover from symptoms like attention fatigue while also improving their patience and impulse control. So, whether it's taking a walk in the park, sitting underneath a tree, or running barefoot in the grass, try to spend at least 20 minutes each day—together and outdoors—amongst greenery and nature.

MAKE TIME FOR MOVEMENT AND PLAY

Getting the body up and moving primes the brain for learning. In children with ADHD, exercise and play can help to improve attention, sharpen social skills, and stimulate the production of mood-boosting neurotransmitters. Harness these brain-enhancing effects by making time for joyful movement every day: take the dog for an early morning walk, turn on some music and have a dance party, or ride your bike to school. When it's chilly outside, incorporate indoor movement, such as jumping rope or bouncing on an exercise ball. However you choose to move, keep it fun and make it a daily, happy habit.



MEDICAL FOOD SUPPORT EQUAZEN[®] PRO

RECOMMENDED SERVING

Children 3+ years: 3 jelly chews daily with food or as directed by a healthcare professional.

Children 5+ years of age: 3 softgels daily with food or as directed by a healthcare professional.

Many children with ADHD may have decreased serum levels of healthy fatty acids, which can adversely impact the regulation of crucial signaling molecules and inflammatory pathways in the brain.¹ For those attempting to support healthy nervous system function, Equazen Pro[®] provides the right ratios of omega-3 and omega-6 fatty acids you cannot get from your diet alone. This optimal balance improves attention, concentration, and learning capabilities in those with ADHD.[†]



EQUAZEN[®] PRO

has been clinically proven to:³⁻⁷



**SUPPORT CHILDREN'S ATTENTION
CONTROL, VOCABULARY,
AND IMMEDIATE MEMORY RECALL.[†]**



SUPPORT BALANCED MOOD.[†]



IMPROVE INATTENTIVE BEHAVIOR.[†]



**IMPROVE ACADEMIC
PERFORMANCE.[†]**

[†]EQUAZEN[®] PRO is a medical food to address fatty acid deficiencies common in people with ADHD and some related neurodiverse conditions that cannot be resolved by normal diet modification alone. In clinical trials* among kids and teens with ADHD, the EQUAZEN[®] PRO formula showed on average significant improvements in focus, attention, academic performance, and balanced mood. USE UNDER MEDICAL SUPERVISION.

*19 clinical studies include 6 ADHD clinical trials.

EQUAZEN®

For every mind.™

SFI® Health is a leading natural healthcare company and producer of premium, evidence-based products. SFI® Health is proud to be the home of Klaire Labs®.

For 50 years, Klaire Labs® has been committed to providing premium products designed to support healthcare practitioners as they promote a better well-being for their patients.



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