

A Natural Alternative For ADHD

(NAPSA)—As families get back in the swing of another academic year, some face extra challenges as their children try to cope with the added stress of attention deficit hyperactivity disorder (ADHD).

The real challenge for their parents is often deciding which treatment and medication are right for their ADHD child.

Traditional methods of treating ADHD are with prescription stimulants. Unfortunately, an estimated 3,100 people will be admitted to emergency rooms due to stimulant drugs this year.

However, there is good news and a natural alternative to stimulant medication for ADHD. A recent study published in the journal *European Child & Adolescent Psychiatry* reveals notable findings for parents who are concerned with overmedicating their ADHD children.

“Today, families are seeking natural options without the risk of addiction or other side effects of prescription medications,” said Dr. Peter Rohdewald, Institute of Pharmaceutical Chemistry at Germany’s University of Munster and one of the study’s authors.

The study demonstrated that Pycnogenol® (pic-noj-en-all), pine bark extract, significantly reduces symptoms of ADHD in children.



Research has shown that some natural remedies, such as pine bark extract, can reduce symptoms for some children with ADHD.

Children who supplemented with the pine bark showed a reduction in hyperactivity and improvements in attention, visual-motor coordination and concentration.

Pycnogenol has been widely studied for the past 35 years and is available in more than 4,500 dietary supplements, multivitamins and health products. It was chosen for the study because it continues to scientifically demonstrate health benefits without serious side effects or addictive properties.

For more information, visit www.pycnogenol.com.