

Abstract

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Improvement of neurobehavioral disorders in children supplemented with magnesium-vitamin B6. I. Attention deficit hyperactivity disorders.

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OBJECTIVE: Some previous studies have reported the involvement of magnesium (Mg) deficiency in children with ADHD syndrome.

METHODS: In this work, 40 children with clinical symptoms of ADHD were followed clinically and biologically during a magnesium-vitamin B6 (Mg-B6) regimen (6 mg/kg/d Mg, 0.6 mg/kg/d vit-B6) which was set up for at least 8 weeks. Symptoms of ADHD (hyperactivity, hyperemotivity/aggressiveness, lack of attention at school) were scored (0-4) at different times; in parallel, intraerythrocyte Mg²⁺ (Erc-Mg) and blood ionized Ca²⁺ (i-Ca) were measured.

RESULTS: Children from the ADHD group showed significantly lower Erc-Mg values than control children (n = 36). In almost all cases of ADHD, Mg-B6 regimen for at least two months significantly modified the clinical symptoms of the disease: namely, hyperactivity and hyperemotivity/aggressiveness were reduced, school attention was improved. In parallel, the Mg-B6 regimen led to a significant increase in Erc-Mg values. When the Mg-B6 treatment was stopped, clinical symptoms of the disease reappeared in few weeks together with a decrease in Erc-Mg values.

CONCLUSIONS: This study brings additional information about the therapeutic role of a Mg-B6 regimen in children with ADHD symptoms.

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