

# Abstract

Prostaglandins Leukot Essent Fatty Acids. 2006 Jan;74(1):17-21.

## **Supplementation with flax oil and vitamin C improves the outcome of Attention Deficit Hyperactivity Disorder (ADHD).**

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**OBJECTIVE:** Considerable clinical and experimental evidence now supports the idea that deficiencies or imbalances in certain highly unsaturated fatty acids may contribute to a range of common developmental disorders including Attention Deficit Hyperactivity Disorder (ADHD). Few intervention studies with LCPUFA supplementation have reported inconsistent and marginal results.

**METHODS:** This pilot study evaluates the effect of alpha linolenic acid (ALA)-rich nutritional supplementation in the form of flax oil and antioxidant emulsion on blood fatty acids composition and behavior in children with ADHD.

**RESULTS:** Post-supplementation levels of RBC membrane fatty acids were significantly higher than pretreatment levels as well as the levels in control.

**CONCLUSIONS:** There was significant improvement in the symptoms of ADHD reflected by reduction in total hyperactivity scores of ADHD children derived from ADHD rating scale.

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