

6 Common Nutrient Deficiencies Linked to ADHD



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Attention Deficit Hyperactivity Disorder (ADHD) affects up to [15% of children](#) and [8% of adults](#) each year. There are a variety of evidence-based, functional medicine approaches that can effectively reduce symptoms of ADHD, including nutrition, exercise, mindfulness, lifestyle, prescriptions, psychotherapy, and more.

In this article, we'll review common root causes of ADHD and functional medicine approaches used to treat it.

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Signs & Symptoms of ADHD

ADHD is [defined](#) by the National Institutes of Mental Health as “an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development [characterized by] the following types of symptoms:

- Inattention: difficulty staying on task, sustaining focus, and staying organized, and these problems are not due to defiance or lack of comprehension.
- Hyperactivity: moving about constantly, including in situations when it is not appropriate, or excessively fidgets, taps, or talks. In adults, hyperactivity may mean extreme restlessness or talking too much.
- Impulsivity: acting without thinking or difficulty with self-control. Impulsivity could also include a

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attention to detail, and the ability to complete projects once they start them.

For others, the hyperactivity symptoms associated with ADHD can make it difficult for them to stay seated, can lead to interruptions in class or work situations, and can cause behavioral difficulties that create conflict with others.

The good news is - whatever the symptoms are - there are many ways to treat ADHD and get back to living the best, most focused, and centered life. Let's review them!

Possible Causes of ADHD

Below are some common possible causes:

Nutrient Deficiencies

People with ADHD have higher chances of being nutrient deficient than the average person.

Iron

People with ADHD are twice as likely to suffer [iron-deficiency](#) anemia compared to members of the general population.

Vitamin D

[78.4%](#) of children with ADHD are deficient in vitamin D compared to 48% of children without ADHD.

Omega 3, Omega 6, Magnesium, & Zinc

One [study](#) showed that 12 weeks of consumption of a combination of omega-3 and omega-6 fatty acids, magnesium, and zinc showed a considerable reduction in symptoms of attention deficit, emotional problems, hyperactivity, and impulsivity assessed by SNAP-IV.

Hormone Imbalances

Estrogen, testosterone, and progesterone [hormone imbalances](#) can worsen symptoms of concentration, impulsivity, and inattention in ADHD patients

In one study, boys with ADHD were far more likely to have higher sex hormone-binding globulin (SHBG) levels and [lower DHEA](#) levels than their peers.

Heavy Metals

Excessive blood levels of heavy metals like lead or [mercury](#) can interfere with neural signaling and worsen attention symptoms. [Lead](#) has been extensively researched in ADHD and can impact young children's neural development even at low levels.

Food Allergies and Sensitivities

Since the 1970s, parents and practitioners have found that their pediatric patients with ADHD often experience an increase in symptoms after ingesting food ingredients like [artificial food colorings \(AFCs\)](#) and highly [allergenic foods](#) like milk, chocolate, soy, and wheat. Additionally, anti-inflammatory eating patterns like the [DASH diet](#) have been found to improve symptoms of ADHD.

Functional Medicine Labs to Find the Root Causes of ADHD

The following tests are beneficial for uncovering the root causes of ADHD:

Testing for Nutrient Deficiencies

Assessing [nutrient deficiencies](#) can be done in many ways, including at-home blood spot tests and serum blood levels. A [CBC](#) and [CMP](#), which your doctor runs every year, can detect vitamin D and iron deficiencies.

Testing for Heavy Metals

The most common way to test for [heavy metal](#) levels is by checking hair, blood, and urine levels.

For further testing, a provocation challenge test can be done. This test requires you to take a small dose of a heavy metal chelator and then test how much you excrete into your urine.

Testing for Food Sensitivities

There are blood spot or blood draw collection kits that can be used to find [food sensitivities](#).

One thing to be aware of is that the food needs to have been eaten in the last three days to make sure the body has produced enough immunoglobulins to identify a reaction.

Testing for Hormone Imbalances

Most functional medicine practitioners like to test hormone levels over an extended period of time. [Hormones](#) can be tested through urinalysis, saliva, and blood draws.

To order all of these tests for ADHD, you can use the ADHD test kit bundle found [here](#).

Functional Medicine Treatment for ADHD

Treatments for ADHD should be individualized to the root cause.

Nutrient deficiencies should be addressed with a food-as-medicine approach and supplements to increase deficiencies. A whole-food low inflammatory diet is commonly prescribed.

Hormone treatments should focus on eliminating the barriers to normal hormone production using a combination of lifestyle changes, nutrient therapy, herbs, and even pharmaceuticals.

A guided elimination diet addresses food allergies and sensitivities. These are usually done for a period of 30 - 90 days, and then foods are slowly reintroduced one by one.

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Summary

There are many root causes of ADHD. These include nutrient deficiencies, hormonal imbalances, food allergies and sensitivities, and heavy metals. Functional Medicine can effectively reduce symptoms of ADHD by utilizing a root cause approach.

Special thanks to our naturopathic assistant, Lindsey Bevilacqua, for her help with this article.

Articles That May Interest You

- [A Case Study: ADHD](#)
- [A Functional Medicine Approach to Treating Depression](#)
- [The Hidden Dangers of Mycotoxins in Mold](#)

The information provided is not intended to be a substitute for professional medical advice. Always consult with your doctor or other qualified healthcare provider before taking any dietary supplement or making any changes to your diet or exercise routine.

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Supplements to Naturally Treat ADHD: Dr. Kresge's Research-Backed Supplement Guide



Lab Tests in This Article

NutrEval® FMV by Genova Diagnostics

WHOLE BLOOD URINE SERUM

The NutrEval® FMV evaluates a variety of antioxidants, vitamins, minerals, fatty acids, and other biomarkers to determine nutritional deficiencies and imbalances. This test cannot be ordered for patients under two years of age.

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 **Caroline Meckstroth**

Make sure to also include deficiencies in B vitamins!! my adhd daughter had characteristic adhd iron magesium and B6 depletion - she responds to methylated Bvitamine supplimentation w Betaine by thorn

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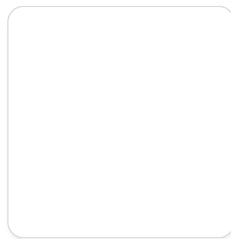
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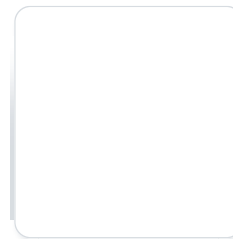
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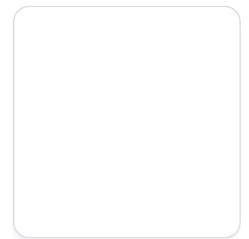
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