



Lifestyle Shake and ADD children

Attention deficit hyperactivity disorder (ADHD), commonly known as attention deficit disorder (ADD), is a disorder that appears in early childhood. ADHD makes it difficult for people to inhibit their spontaneous responses – responses that can involve everything from movement to speech to attentiveness.

A good diet with restricted sugar and starch, as well as regular exercise has been proven to aid in bettering the concentration of ADHD children, so a first step to relieving the symptoms of ADHD is to follow the Annique Lifestyle philosophy.

Packed with vitamins and minerals

Based on studies to date, it is unlikely that ADHD is purely a deficiency disease, however most children with this diagnosis are deficient in certain vitamins and minerals. Magnesium, of which the Annique Lifestyle Shake contains 40mg/100g, is one of the most commonly deficient nutrients in people with ADHD. Low levels of magnesium, for instance, can cause excessive fidgeting, anxiousness, restlessness, insomnia, coordination problems and learning difficulties.

Polish researchers studying 116 children with ADHD for their levels of magnesium found that 95 per cent of them were deficient in it – a much higher percentage than that among healthy children. The team also noted a correlation between levels of magnesium and the severity of symptoms. Supplementing 200mg of magnesium for six months significantly reduced hyperactivity in the children with ADHD, but behaviour in the control group, who received no magnesium, worsened.