

## Behavioral Problems

**Cause:** May have multiple causes, but recent research has shown a reduction in behavioral problems and sickness in those given nutritional supplements on a regular basis.

**What May Help: Watkins Superfood Multiple (Super Multi<sup>1</sup>) or Children's Chewable (US only)**

**Why:** Contains B-complex and other vitamins and minerals that directly affect brain and behavior.

Niacin (B-complex vitamin) – may be helpful for symptoms of hyperactivity and deteriorating school performance.

B-6 (B-complex vitamin) – when B-6 was given to hyperactive children with low blood serotonin levels, hyperactivity was reduced and serotonin returned to normal.

Vitamin C – a cofactor for the synthesis of the neurotransmitter, norepinephrine, imbalances of which are linked to ADD/ADHD.

Magnesium – deficiency is characterized by restlessness and learning difficulties.

Calcium – hyperactivity has often been improved with calcium supplementation.

Zinc – zinc levels have been shown to be lower in ADHD children.



**Helpful Hint:** Recent research has shown a reduction in behavior problems and sickness when inmates in prisons and detention centers were given nutritional supplements on a daily basis. In addition, a 2003 study published in the *Alternative Medicine Review* found that dietary supplements consisting of vitamins, minerals, phytonutrients and other essential nutrients were as effective as medication in reducing symptoms of ADD and ADHD.

### Testimonials —

*These are personal testimonials. Individual results may vary. Consult your physician before taking any dietary supplements.*

#### Derron Lemke's Amazing Story

Derron, the son of Sue Skomsky, was experiencing severe behavioral problems that seriously impacted his performance at school and life at home. He was diagnosed with ADD (Attention Deficit Disorder) and given a prescription for Ritalin, which he took for eight years. In search of an alternative, the family traveled hundreds of miles to consult with a doctor of research specializing in children with ADD.

The specialist placed Derron on a program of dietary modification and intensive vitamin supplementation, believing that proper nutrition could correct the chemical imbalances in the boy's brain. The program worked well — well enough that Derron was allowed to stop taking the Ritalin. But in order to get all of the nutrients prescribed by the specialist, Derron had to take upwards of ten pills every morning; "not a very pleasant way to start the day," according to Sue.

When Sue noticed that **Watkins Superfood Multiple** was similar to the nutrition profile of the vitamins Derron was taking, she faxed the ingredient statements to their specialist, who "was amazed at the formulations," said Sue, "and gave instant approval. She got totally excited!"

Since Derron started taking Watkins Superfood Multiple, his whole outlook has changed. His grades in school have been excellent, and he has not had a single episode. Although every case is different and needs to be evaluated by a physician, Derron's physician, Dr. Brian Baxter, agrees that "Derron has done very well. The combination of the diet and the vitamins have allowed him to stop taking Ritalin. It's certainly a very holistic approach, and an alternative to prescription drugs."

— Sue Skomsky, New York

**More Testimonials on Back**

<sup>1</sup> In Canada, Super Multi is for adult use only.

## Behavioral Problems cont'd

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### **Testimonials—**

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“My daughter had been struggling in school; she couldn't focus and her grades were falling. Her teacher thought she had attention deficit disorder. I started giving her **Watkins Children's Chewable**, and in two weeks, her teacher said, ‘Whatever you are doing...keep it up.’ She finished the year with straight As.”

—Tawny Dawson, Pennsylvania

“My son has been taking **Superfood Multiple (Super Multi)** for several months, and he is a different little boy! He is getting much better grades and has been able to focus at school, which was very difficult for him before taking the Watkins vitamins.”

—Kelly Borchardt, Ontario

*The following testimonial does not relate directly to behavior, but since recurring infections affect school attendance and therefore, performance, this testimonial has been included.*

“My 8-year old daughter used to have ear infections every month. Since using **Watkins Children's Chewables**, she no longer has ear infections and has missed no days of school from illness. We use many of Watkins dietary supplements, and it's the best health insurance investment we've ever made.”

—Laurie Bird, Arizona