

Parent's ADHD Resource Kit

Bringing ADHD into Focus



†EQUAZEN® PRO is a medical food to support learning, concentration, and brain development in children and adolescents with ADHD (attention-deficit/hyperactivity disorder) who have been determined by medical evaluation to require nutritional management of polyunsaturated fatty acid deficiencies that cannot be achieved by modification of normal diet alone. **Use Under Medical Supervision.**

Addressing Genetic Differences: The ADHD-Omega Fatty Acid Connection

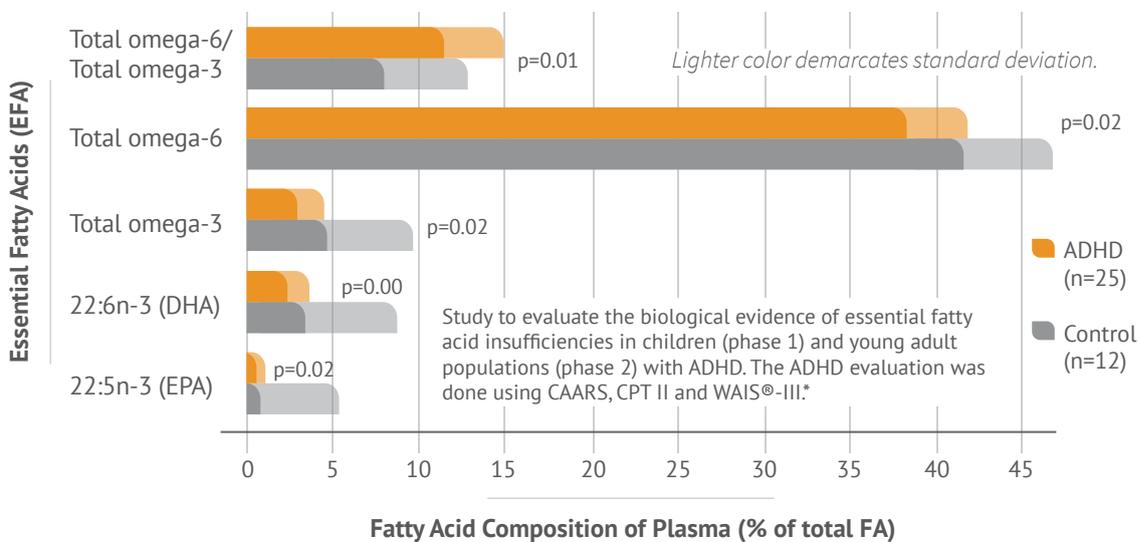
ADHD affects nearly 6.1 million children in the U.S.

Incidence is 11% and growing in children aged 4 to 17 years of age—and an estimated 50% of those cases may persist into adulthood.

ADHD is associated with impaired omega fatty acid balance.

Individuals with ADHD often have substantial deficiencies of essential fatty acids, as well as marked omega-3/omega-6 ratio imbalances. This is important because omega fatty acid deficiencies are thought to negatively affect nervous system structure and function, which in turn may impact the regulation of crucial signaling molecules and inflammatory pathways in the brain.

Many patients with attention-deficit/hyperactivity disorders have impaired omega-6/omega-3 ratios, indicating imbalance.¹

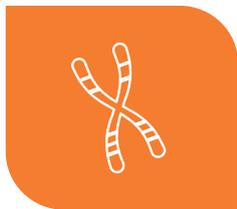


On average, children with attention-deficit/hyperactivity disorders had:¹

- + Significantly smaller fractions of omega-3 and omega-6 in the blood
- + Significantly higher omega-6/omega-3 ratio

How does this occur?

The answer is in the genes. Specific inborn genetic differences found in many individuals with ADHD can reduce the functional efficiency of enzymes that serve as rate-limiting steps for long-chain polyunsaturated fatty acid metabolism.



FADS-1 and FADS-2 genes are found in a genetically “hot” region for ADHD (on the 11th chromosome).^{6,9-14}



These genes code for desaturase enzymes (delta-5 and delta-6) that convert essential fatty acids to long-chain polyunsaturated fatty acids.



In ADHD, different alleles can result in different forms of these enzymes, which may be less efficient at processing long-chain omega fatty acids.^{9,15}

What can be done?

These genetic differences make it difficult to rebalance omega fatty acid deficiencies in ADHD patients through normal diet modification alone.

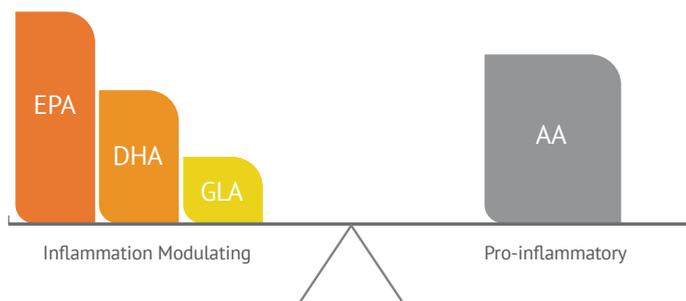
It is necessary to overcome the rate-limiting steps of fatty acid metabolism by providing an optimal balance of omega-3 and omega-6 fatty acids in bioavailable forms.

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Introducing EQUAZEN[®] PRO

A medical food designed to address omega fatty acid metabolic differences in children and adolescents with ADHD.[†]



Combining higher amounts of EPA with DHA and an optimal balance of GLA has been shown to support a proper inflammatory response by balancing the production of metabolites that come from AA (arachidonic acid) and maintaining the supportive capabilities of EPA, DHA, and GLA.



Patient Outcomes

Supported by over 15 years of research and 19 clinical studies in the areas of learning, attention and focus, and brain development.



Supports children's attention control, vocabulary, and immediate memory recall^{†4,7}



Improves inattentive behavior^{†1-7}



Supports balanced mood^{†1-4}



Improves academic performance^{†1-4}

Key features

- + Can be used to provide nutritional support in combination with traditional ADHD therapy.¹⁶
- + Responsibly sourced from fish oils and evening primrose oil
- + Patented anti-reflux technology to minimize reflux/fishy taste

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The Evidence

Significant improvements in key ADHD indices⁷

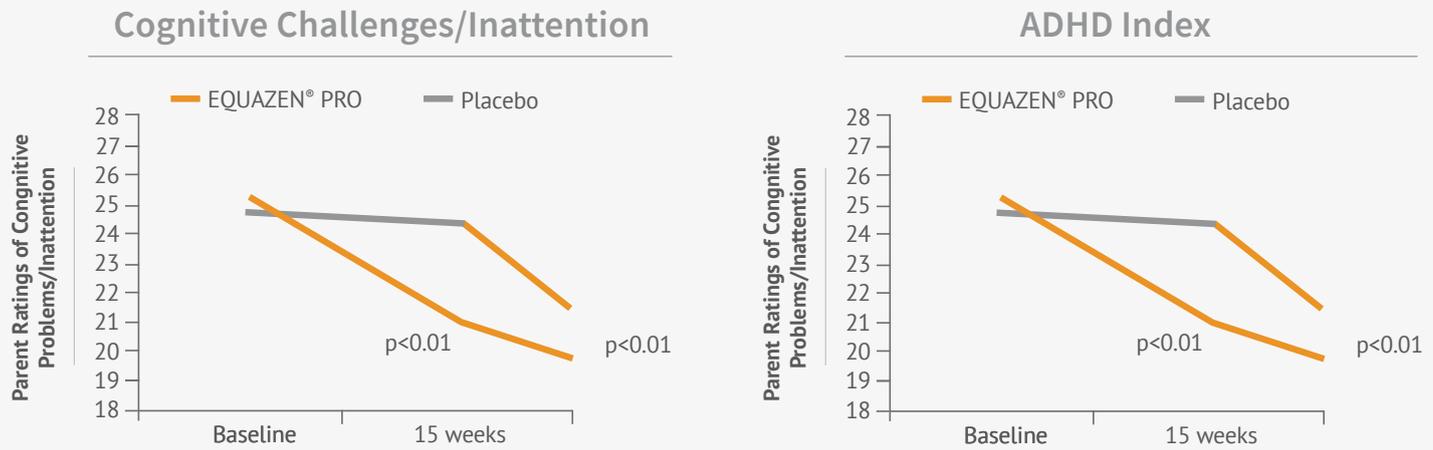


Figure 1. Randomized, placebo-controlled trial in 132 children (aged 7 to 12 years) with learning and behavioral problems associated with ADHD. Subjects were randomized to treatment with either EQUAZEN[®] PRO, EQUAZEN[®] PRO + a multivitamin/mineral product, or placebo for 15 weeks. From week 16 to 30, all participants were switched to EQUAZEN[®] PRO + a multivitamin/mineral.* Children were evaluated using the Conners' Parent Rating Scale (CPRS) and the Conners' Teacher Rating Scale (CTRS).⁷

*Supplementation with the multivitamin/mineral product offered no additional benefits over EQUAZEN[®] PRO.

Significant improvements in reading and spelling age¹

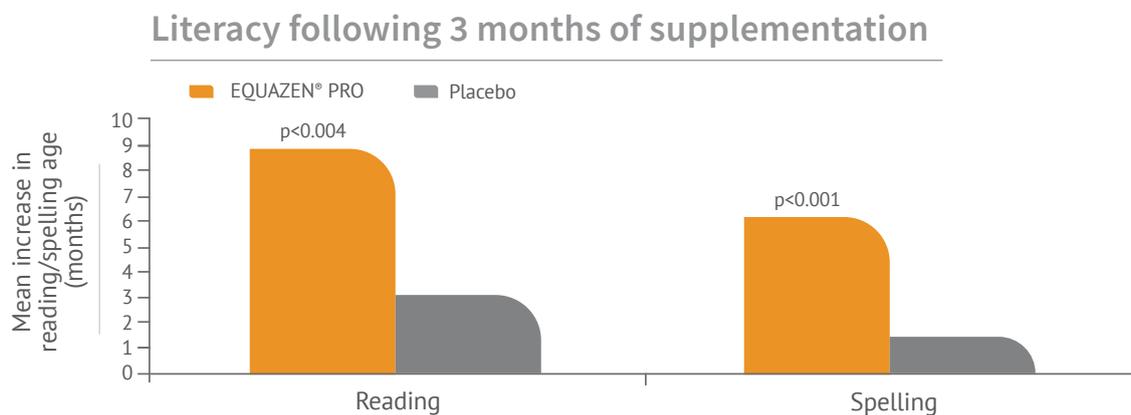


Figure 2. Randomized, double-blind, placebo-controlled trial in 117 children (aged 5 to 12 years) who met criteria for Developmental Coordination Disorder (DCD).[#] Subjects were randomized to receive either EQUAZEN[®] PRO or placebo for 12 weeks and were assessed for reading and spelling ability (Wechsler Objective Reading Dimensions [WORD]) and for ADHD symptoms (Conners' Teacher Rating Scale-Revised: Long Form [CTRS-R:L]).

[#]DCD is characterized by specific impairments of motor function and shows substantial overlap with ADHD in terms of difficulties with organizational skills and attention.

What is a medical food?

Medical foods are specially formulated and intended for the dietary management of a disease or condition that has distinctive nutritional needs which cannot be met through normal diet modification alone. Because patients who use these solutions have health conditions that require medical management, medical foods are to be used under the ongoing supervision of a healthcare practitioner.

EQUAZEN[®] PRO

*Increase their attention span and focus,
uncover their potential*

Rebalance omega fatty acid deficiencies with the 9:3:1 ratio

9 EPA

3 DHA

1 GLA

Your patients deserve the ratio that works. Backed by over 15 years of ongoing clinical research, EQUAZEN[®] PRO leverages the beneficial actions of both omega-3 and omega-6 fatty acids, overcoming genetic variants—and the rate-limiting steps of long-chain polyunsaturated fatty acid metabolism—to provide exceptional results.

About the ingredients

In EQUAZEN[®] PRO, the fish oils from cold-water fish—anchovies, sardines, and tuna found in the Pacific, Atlantic, and Indian Oceans—are harnessed as a natural source of EPA and DHA. The fish oils are extracted using PureMax[®] technology—which removes contaminants and minimizes the presence of oxidative impurities—before they undergo rigorous testing for environmental pollutants and toxins. Our suppliers have been certified to Friend of the Sea[®] criteria for responsible and sustainable sourcing. The sole source of GLA in EQUAZEN[®] PRO is evening primrose oil, which represents an excellent, plant-based source.

About the patented anti-reflux technology

EQUAZEN[®] PRO uses a specific enteric coating technology that reduces the possibility of fishy taste or reflux.



References

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Note: The original research was conducted on Equazen® eye q™ which is equivalent to the active ingredients in Equazen® Pro.



Bringing ADHD into Focus: The ADHD-Omega Fatty Acid Connection

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SFI® Health is a leading natural healthcare company and producer of premium, evidence-based products. SFI® Health is proud to be the home of Klaire Labs®.

For 50 years, Klaire Labs® has been committed to providing premium products designed to support healthcare practitioners as they promote a better well-being for their patients.

Parent Assessment Tool for Attention Concerns

For the following assessment, please read through each question and rate your responses on a scale from 1 to 5. When all questions are complete, calculate your score and compare your total points with the assessment summary provided at the end of this questionnaire.

Rating Scale

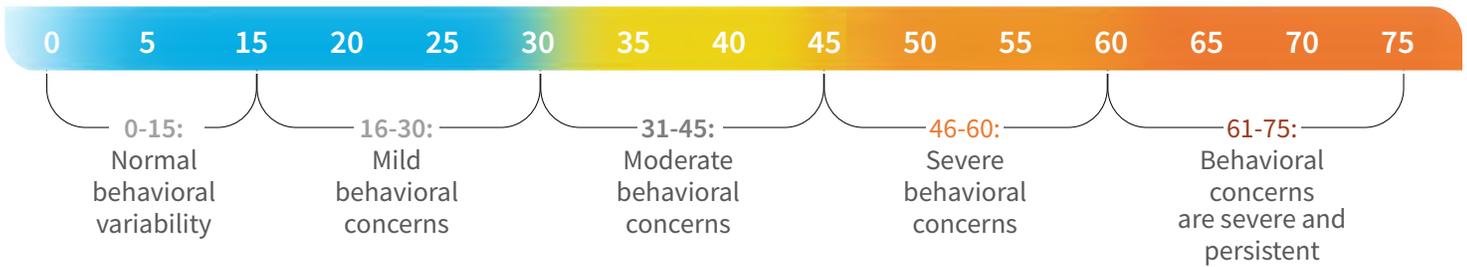
1	2	3	4	5
Never occurs	Occurs infrequently, maybe once a day	Occurs daily, regardless of setting	Occurs multiple times a day	Always occurs/It is the child's primary behavior, regardless of setting

1. It is very difficult for my child to stay focused on homework or other tasks. Score: _____
2. My child often fails to pay close attention to details, even when directed to do so. Score: _____
3. My child is unable to remain quiet, even when it is situationally appropriate or when asked to do so. Score: _____
4. My child has difficulty waiting patiently to take their turn. They interrupt or grab objects from other children. Score: _____
5. My child will interrupt questions with an answer/reply before the question is finished. Score: _____
6. My child's troublesome behaviors occur in more than one setting (e.g., home, school, extracurricular activities, etc.). Score: _____
7. My child has trouble socializing and building relationships with their peers because of their behavior. Score: _____
8. My child seems to always be daydreaming. Score: _____
9. My child does not stop daydreaming, even when spoken to directly. Score: _____
10. My child cannot remain organized, even with consistent support. Score: _____
11. My child switches tasks frequently without completing any of them. Score: _____
12. My child cannot sit still and often fidgets in their chair. Score: _____
13. My child often loses items like homework or personal belongings. Score: _____
14. My child is thrown off task by the smallest distraction, such as a bird or the sound of an airplane. Score: _____
15. My child cannot recall what was just said to them, even if they seemed to be paying attention. Score: _____

Total points (out of 75): _____

Behavioral Concern Scale

Based on your total score out of 75



If you have calculated your score and your accumulated total has reached 30 points or more, it may be beneficial to consult with your doctor. Your healthcare practitioner can offer valuable insights into the common symptoms associated with ADD and ADHD, as well as the treatment options that might best suit your child's needs.



This questionnaire is intended to support parents who wish to explore the possible presence and/or severity of attention concerns in their children. It is not intended to be used as a diagnostic tool. If you find that your child's behavior strongly correlates with the situations described in this assessment, consult with a physician and a licensed mental health practitioner. An accurate diagnosis can only be made through clinical evaluation.

EQUAZEN[®] PRO

A medical food designed to support learning, concentration, and brain development in children and adolescents with ADHD.[†]

Increase their attention span and focus.[†]

Uncover their potential.



Backed by over 15 years of ongoing research and 19 clinical studies, Equazen Pro has been shown to:



Support children's attention control, vocabulary, and immediate memory recall[†]



Improve inattentive behavior[†]



Support balanced mood[†]



Improve academic performance[†]

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Bringing ADHD into Focus:

The ADHD-Omega Fatty Acid Connection

Individuals with ADHD often have substantial deficiencies of essential fatty acids in their brains, as well as marked omega-3/omega-6 ratio imbalances.

EQUAZEN® PRO is specially designed to support children and adolescents with ADHD by providing a unique composition of omega-3 and omega-6 fatty acids—in forms directly usable by the body—to promote healthy fatty acid metabolism and balanced omega fatty acid levels.[†]

Key features:

- + Supplies omega-3 and omega-6 fatty acids in the clinically tested ratio EPA:DHA:GLA=9:3:1
- + Responsibly sourced from fish oil and evening primrose oil
- + Patented anti-reflux technology to minimize reflux/fishy taste
- + **Can be used to provide nutritional support in combination with traditional ADHD therapy.**[†]
- + Non-GMO ingredients

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