



accentrate 110™
BRAIN READY™ NUTRITION



EMOTIONAL DYSREGULATION	Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12
Loses Temper							
Argues with family, friends, and/or co-workers							
Actively defies rules, bosses, or superiors							
Deliberately annoys others							
Has difficulty waiting his or her turn							
Has difficulty working with others							
Has road rage							
Cannot calm down on his or her own							
Difficulty Sleeping							
Is fearful, anxious, or worried							
Feels overly guilty for mistakes							
Feels lonely or unwanted							
Relationship with family							
Relationship with co-workers							
Relationship with friends							
Relationship with bosses							
OVERALL SCHOOL / WORK PERFORMANCE							
OVERALL BEHAVIOR							

Accentrate110™ takes a nutritional, healthy approach to managing ADHD through healing and not hurting now or in the future. It is unlikely that taking Accentrate110™ for a month will alleviate all ADHD symptoms. It may be necessary to take Accentrate110™ for a long period of time, until the brain’s connections have fully matured.

Taking Accentrate110™ in conjunction with medication may improve the effectiveness of the medication¹ as well as keep the dosages as low as possible. Please consult with your medical practitioner about treatment.

¹ Koziellec T & Starobrat-Hermeline B, “Assesment of magnesium levels in children with attention deficit hyperactivity disorder (ADHD).” *Magnesium Research*. June 1997; 10 (2): 143-48.