



Accentrate 110TM supplements nutritional deficiencies that are known to be associated with ADHD to help manage symptoms. These nutrients must accumulate and incorporate in the brain before the benefits are noticed. Sometimes improvements are difficult to notice because they are gradual and occur over time. The chart below may be used to help document your child's changes in behavior.

How soon can you start to see improvement?

Symptoms	Never	Occasionally	Often	Very Often	
	0	1	2	3	

INATTENTION	<u>Start</u>	Week 2	Week 4	Week 6	Week 8	Week 10	<u>Week 12</u>
Does not pay attention to details or makes careless mistakes							
Does not listen when spoken to							
Has difficulty paying attention							
Does not finish tasks							
Loses things (clothes, keys, homework, mail)							
Is easily distracted							
Is forgetful							
Fidgets with hands, or squirms in seat							
Has difficulty playing quietly							
Blurts out when inappropriate							
Interrupts in other's conversations							
Has a messy room							
Has a messy office							
Difficulty getting ready to go places.							
Chews fingernails							
Always on Smartphone during downtime							
Does not finish work or other projects							





EMOTIONAL DYSREGULATION	<u>Start</u>	Week 2	Week 4	Week 6	Week 8	<u>Week 10</u>	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							

Accentrate 110TM takes a nutritional, healthy approach to managing ADHD through healing and not hurting now or in the future. It is unlikely that taking Accentrate 110TM for a month will alleviate all ADHD symptoms. It may be necessary to take Accentrate 110TM for a long period of time, until the brain's connections have fully matured.

Taking Accentrate 110TM 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 Kozielec T & Starobrat-Hermeline B, "Assesment of magnesium levels in children with attention deficit hyperactivity disorder (ADHD)." *Magnesium Research*. June 1997; 10 (2): 143-48.