

# CBD for ADD/ADHD

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In the United States alone, 18% of the population is living with some form of anxiety-related disorder like ADD or ADHD.

Attention Deficit Disorder (ADD) and Attention Deficit/Hyperactive Disorder (ADHD) often begin in childhood and can persist into adolescence and adulthood. Shown to affect boys more than girls, ADD and ADHD are mostly diagnosed in children between the ages of six and twelve. Studies have shown that people with ADD/ADHD have difficulty with a multitude of behaviors, including but not limited to: problem solving, memory, language, motivation, judgement, impulse control, social behavior, planning, time perception, restlessness, and an inability to pay attention.

So far, there is no exact cause tied to ADD/ADHD. There is a 75% chance that the disorder is genetic in nature; but this is yet to be fully determined or understood. The conventional treatment for ADD/ADHD includes medications that are stimulant-based. These prescribed drugs can react well with some patients; in others the drugs act to further worsen feelings of anxiety. They also carry side effects, including: insomnia, anxiety, paranoia, and increased heart rate.

## How CBD Works To Relieve ADD/ADHD

CBD has shown to help relieve symptoms of ADD/ADHD and may improve quality of life. Its use seems to put the brain "at ease" and provide an added "mental clarity".

Our bodies actually have special receptors that react to the presence of cannabinoids. The body also produces its own cannabinoid compounds that it uses to maintain general well-being. The "ECS" or Endocannabinoid System is the messenger system in the body. The system regulates many functions. CBD is a super cannabinoid that activates anti-anxiety, anti-depressant, and anti-inflammatory receptors to manage the symptoms of ADD/ADHD.

With research just beginning, there are promising results related to ADD/ADHD symptom relief using CBD. A lot of people already using CBD for ADD/ADHD stand as living proof, through their testimonials, that CBD is more than capable of offering a higher quality of life.

## Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. When taking CBD for ADD/ADHD, dosing can vary widely depending on the severity of the symptoms you are experiencing. One goal to consider is to use CBD to supplement or possibly replace pharmaceuticals you might be taking. CBD is an all-natural alternative that does not build up in your system and cannot be overdosed.

May we suggest trying one of our CUBED Hemp based CBD Tinctures. Available in 1200mg or 3600mg concentrations, mixed with our exclusive Extra Virgin Olive Oil from Italy or with All Natural Hemp Seed Oil. Our Graduated Dropper makes it simple to dose properly.

It is important to consult with your healthcare provider before starting any supplement program. Most prescribed medications cannot and should not be stopped all at once.

It has been suggested to start with a dose of **10mg to 15mg** of CBD twice a day. After a few days, you may want to reduce prescribed meds incrementally while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. Monitor your symptoms; be aware of how you feel. Don't hurry the process. Wait 2 to 3 days between changes. This will allow you to determine the dosing that your body requires to meet your goals, while documenting how your medications interact.

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