



ADHD Treatment Options: A Quick Guide

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Medications		
Medication	Main Effect	Best known for
Adderall	Strong dopamine and norepinephrine increase	Energy, sustained attention, motivation, working memory, focus
Vyvanse	Converted slowly into dextroamphetamine	Smoother effect, impulse control, emotional regulation, binge eating
Ritalin	Blocks dopamine/norepinephrine reuptake	Attention, processing speed, less "activating" for many people
Concerta	Long-acting methylphenidate	Consistent focus throughout the day
Focalin	More targeted methylphenidate	Focus with potentially fewer side effects at lower doses
Strattera	Non-stimulant; increases norepinephrine	Emotional regulation, anxiety with ADHD, sustained attention
Qelbree	Non-stimulant	Executive functioning, emotional regulation, impulsivity
Intuniv	Alpha-2A agonist	Hyperactivity, impulsivity, emotional reactivity, sleep
Kapvay	Alpha-2 agonist	Hyperactivity, sleep problems, impulsivity

Supplements (ranked by most consistency of evidence to least)		
Supplement	Best Clinical Use	Notes
Omega 3 fatty acids (EPA focused)	Mild improvement in attention and executive function	Most studied; greatest benefits in those with low Omega-3 status. Look for 1,00-2,00mg combined EPA + DHA; with at least 500-1000mg of EPA. Can take 2-3 months to show benefit
Iron (ferritin guided)	Iron important for dopamine synthesis	Best for those with iron deficiency or low ferritin
Zinc	may enhance stimulant response	Most evidence is in deficient individuals rather than routine supplementation; too much Zinc can cause copper deficiency
Vitamin D	correcting deficiency may improve overall functioning	ADHD evidence limited
Magnesium	sleep, muscle tension, stress response (improving these can make ADHD symptoms easier to manage) correcting deficiency may improve functioning	little evidence for core ADHD symptoms in those with normal levels
Saffron	Neurotransmitter regulation	small trials promising but larger adult studies needed for routine recommendation
Bacopa monneri	support attention and memory	early in testing, encouraging but limited research
L-theanine	calmness, sleep quality, anxiety	may help more with relaxation than core symptoms
Creatine	general brain and muscle energy	emerging evidence but insufficient evidence for ADHD
B-complex	only when deficiency is present	No evidence for routine supplementation or otherwise healthy individuals



Lifestyle Strategies That Have the Strongest Evidence

1. Protein-rich breakfast: provides building blocks create dopamine and norepinephrine
2. Regular exercise: Boost in dopamine and norepinephrine; mitigates symptoms up to 2 hours
3. Consistent sleep schedule: poor sleep exacerbates symptoms
4. External reminders and timers/Structured routine: Reliable systems relieve the pressure of remembering
5. Hydration: supports overall cognitive performance
6. ADHD coaching/therapy when appropriate: medication builds capacity to use tools taught in therapy or coaching

Questions to Ask Your Provider

1. Is my medication treating my biggest symptoms?
2. Should my dose be adjusted? What are the indicators?
3. Would a different medication class fit me better? (stimulant or nonstimulant)
4. Should I have my iron or vitamin D levels checked?
5. Are there any supplements that are appropriate for me

Disclaimer: This resource is for educational purposes only and should not replace individualized medical advice. Treatment decisions should be made in consultation with a qualified healthcare provider.