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Advancing ADHD Treatment Through Integrative Formulations and Personalized Administration Protocols

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Christina Rahm*

DRC VENTURES LLC, USA

***Corresponding Author:** Christina Rahm, DRC VENTURES LLC, USA.

Abstract

Advancing ADHD Treatment Through Integrative Formulations and Personalized Administration Protocols explores a novel approach to ADHD management that moves beyond traditional neurotransmitter-focused therapies. ADHD is described as a complex and heterogeneous neurodevelopmental condition influenced not only by dopamine and norepinephrine pathways but also by metabolic, inflammatory, nutritional, and environmental factors. Current stimulant-based treatments, while effective for some individuals, often present limitations including side effects, inconsistent outcomes, lack of personalization, and challenges with long-term adherence.

The paper introduces a patented dual-formulation model delivered through a staged administration protocol. The first formulation targets neurochemical balance and executive function through ingredients that support dopaminergic signaling, cognitive performance, and neuroprotection. The second formulation addresses systemic and environmental contributors to ADHD by supporting metabolic regulation, mineral balance, and broader physiological stability. A defining feature of the model is its event-based timing strategy, aligning supplementation with cognitive demands and emphasizing personalized administration.

Supporting literature highlights ADHD's association with systemic dysregulation, including inflammation, oxidative stress, gut-brain interactions, sleep disruption, and metabolic imbalance. Evidence is presented to support the biological plausibility of both formulations, along with preliminary observational data suggesting improvements in focus, task completion, and stress tolerance without stimulant-related adverse effects.

Overall, the patented framework proposes an integrative, precision-oriented model that complements existing therapies rather than replacing them. By translating emerging neuroscience and systems-biology research into a structured protocol, the approach aims to bridge gaps between scientific insight and practical clinical application while contributing to the evolving landscape of personalized ADHD treatment.

Attention Deficit Hyperactivity Disorder (ADHD) remains a complex and enduring focus within psychiatric research and clinical practice, affecting both children and adults worldwide. Despite an extensive body of literature, ADHD continues to be characterized by significant heterogeneity in symptom presentation, neurobiology, and treatment response, making standardized intervention challenging. Traditional treatment strategies primarily rely on stimulant and non-stimulant pharmacotherapies that target dopaminergic and noradrenergic pathways. While these approaches can be effective, they are often associated with undesirable side effects, inconsistent outcomes, and long-term adherence challenges.

Advances in neuroscience increasingly suggest that ADHD extends beyond neurotransmitter dysregulation and involves metabolic, inflammatory, and nutritional components. As a result, interest has grown in integrative and personalized treatment models that move beyond symptom suppression alone. The patent discussed in this work introduces a dual-formulation, staged treatment regimen designed to reflect these emerging scientific perspectives.

The Problem

A central limitation of current ADHD treatment paradigms is the heavy reliance on narrowly targeted pharmacological interventions that may not adequately reflect the disorder's complexity. ADHD represents a spectrum of neurodevelopmental variation rather than a homogeneous condition (Wang et al., 2025). Genetic susceptibility, environmental exposures, nutritional status, and neuroimmune activity all influence symptom expression, yet these factors are not fully addressed by stimulant-focused approaches (Dash et al., 2022).

Although stimulant medications frequently improve core attentional symptoms, they may exacerbate anxiety, a common comorbidity among adults with ADHD (Quenneville et al., 2022). Appetite suppression and metabolic effects can also contribute to poor adherence, particularly in pediatric populations (Akgun et al., 2024). These limitations help explain why many individuals experience only partial or inconsistent responses to pharmacological therapy (Capuzzi et al., 2022), leaving a significant portion of patients without optimal management.

Another major concern is the lack of personalization in many treatment programs. Standardized dosing schedules often fail to account for variability in attentional demands across tasks or circadian fluctuations in cognitive performance (Mowlem et al., 2025). Uniform dosing may result in periods of over- or under-treatment, contributing to side effects and reduced functional benefit. Additionally, common comorbidities, including anxiety disorders, sleep disturbances, and metabolic dysregulation, complicate treatment outcomes and frequently lead to polypharmacy (Quenneville et al., 2022). The absence of integrative clinical frameworks further limits clinicians' ability to address ADHD holistically.

From a research and development perspective, significant gaps remain between advances in neuroscience and practical therapeutic application. Increasing evidence links ADHD-related cognitive impairment with neuroinflammation, oxidative stress, and gut-brain axis disruption (Usui et al., 2023; Dash et al., 2022). However, few standardized protocols translate these findings into clinical practice. Nutritional and metabolic interventions remain inconsistently applied, and variability in supplement formulation and quality assurance has reduced clinician confidence (Kumar et al., 2024). Consequently, scalable, rigorously designed integrative alternatives remain limited within current psychiatric treatment models.

Proposed Solution

The patent proposes an integrative treatment framework consisting of two complementary formulations delivered through a structured, staged protocol. This approach reflects a shift away from single-mechanism therapies toward a multi-pathway strategy addressing neurotransmission, inflammation, and metabolic regulation simultaneously (Wang et al., 2025).

The first formulation is designed to support neurochemical balance and executive function through ingredients that promote dopaminergic activity and cognitive performance. This aligns with established models of frontostriatal dysregulation in ADHD (Leisman & Melillo, 2022). Amino acids such as L-tyrosine contribute to catecholamine synthesis, while compounds like *Mucuna pruriens* provide

bioavailable L-DOPA for dopaminergic support (Perugi et al., 2022). The inclusion of L-theanine reflects growing evidence supporting improved attentional control and reduced stress-related cognitive interference (Dassanayake et al., 2023). Additional components, including vitamin D3 and antioxidant-rich compounds, target inflammatory and oxidative pathways associated with symptom severity (Bond et al., 2022). Together, these elements aim to support neural signaling while promoting neuroprotection.

The second formulation serves as a systemic adjunct by addressing metabolic and environmental contributors to ADHD within a systems-biology framework (Dash et al., 2022). Zeolite extract, particularly clinoptilolite, has been explored for its ion-exchange and detoxification properties, with emerging interest in neurological applications (Panaiotov et al., 2024). Environmental exposure to heavy metals has been associated with adverse neurocognitive outcomes, especially in regions with increased environmental risk (Heng et al., 2022). Complementary ingredients, including vitamin C and mineral concentrates enriched with magnesium and potassium, support neuronal signaling and cognitive regulation (Kumar et al., 2024). A liquid delivery system enhances absorption efficiency and dosing flexibility, distinguishing this approach from traditional stimulant therapies.

A defining feature of the proposed model is its timed, stepwise administration strategy, reflecting growing emphasis on context-dependent treatment timing (Mowlem et al., 2025). The second formulation is introduced initially as a standalone phase aimed at metabolic stabilization and systemic support prior to cognitive enhancement. The first formulation is then aligned with periods of increased attentional demand, recognizing that cognitive performance varies according to situational context (Wang et al., 2025). This event-based approach mirrors broader trends in precision medicine by synchronizing supplementation with functional need. Such methodological innovation represents a significant advancement in ADHD treatment design.

Supporting Evidence / Data

Epidemiological research highlights the persistence of ADHD across the lifespan and underscores the importance of recognizing adult ADHD as a distinct clinical condition rather than merely an extension of childhood pathology (Antolini & Colizzi, 2023). High rates of psychiatric comorbidities, particularly anxiety disorders, contribute to treatment complexity and inconsistent outcomes (Quenneville et al., 2022). Additional studies link ADHD with sleep disruption, metabolic imbalance, and obesity, reinforcing the view that ADHD involves systemic dysregulation beyond core attentional symptoms (Akgun et al., 2024). These findings support the need for multidimensional treatment strategies rather than isolated neurotransmitter targeting.

Neurobiological evidence further supports the rationale behind the first formulation. Dysregulation of dopaminergic signaling within frontal neural circuits remains a central feature of ADHD pathophysiology (Leisman & Melillo, 2022). L-tyrosine's role in dopamine synthesis is well established, while controlled clinical studies demonstrate that L-theanine may improve sustained attention and inhibitory control (Dassanayake et al., 2023). Vitamin D deficiency has also been associated with cognitive and behavioral dysregulation in neurodevelopmental populations (Bond et al., 2022). Antioxidant compounds, including turmeric-derived constituents, may offer neuroprotective effects against oxidative stress observed in neurodevelopmental disorders (Usui et al., 2023). Collectively, these mechanisms provide a biologically plausible foundation for the formulation.

Evidence supporting the second formulation emphasizes environmental and nutritional influences on neurodevelopment, particularly through gut-brain interactions (Dash et al., 2022). Magnesium plays a critical role in synaptic transmission and neuronal stability, and deficiencies have been associated with cognitive and behavioral dysregulation (Kumar et al., 2024). Zeolite compounds have been investigated for their capacity to reduce toxic burden through ion-exchange mechanisms, potentially influencing neurocognitive outcomes (Panaiotov et al., 2024). Ongoing exposure to heavy metals has also been linked to negative neurodevelopmental effects in children (Heng et al., 2022), reinforcing the relevance of systemic support strategies.

Observational case data referenced within the patent report improvements in concentration, task completion, sleep quality, and physical performance, alongside reductions in perceived stress (McAllister et al., 2024). Notably, these outcomes were reported without adverse effects commonly associated with stimulant medications, suggesting favorable tolerability. While preliminary, these findings align with existing research demonstrating the stress-modulating and cognitive-supportive effects of L-theanine (Dassanayake et

al., 2023). The results provide a foundation for further controlled investigation and translational research.

Conclusion

The patented dual-formulation, staged-administration approach represents a scientifically grounded advancement in ADHD treatment by integrating neurochemical, metabolic, and methodological innovations. Rather than replacing conventional therapies, this model offers a complementary framework aligned with contemporary insights from neuroscience and systems biology. Event-based dosing, personalized administration, and emphasis on production quality address key challenges associated with long-term ADHD management.

By translating emerging research on nutrition, inflammation, and cognitive timing into a structured protocol, the invention bridges the gap between theoretical science and clinical application. This integrative model reflects broader trends toward precision medicine and holistic care within psychiatric research. As such, the patent holds significant potential to influence future clinical strategies and research directions in ADHD treatment.

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