

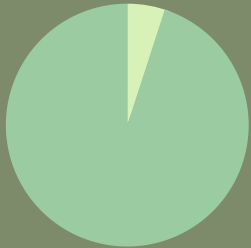
Does your child or adolescent:

Have difficulty concentrating or staying on task

Not pay attention or make careless mistakes

Have a short attention span

Fidget in their seat or constantly move around



Attention Deficit Hyperactivity Disorder (ADHD) affects around 5% of the global population.^[1] The disorder is associated with a greater risk of poor academic and employment outcomes.^[2]



Lemon verbena is a plant native to South America and is used throughout the world for medicinal purposes. Previous research has indicated that lemon verbena has sedative and anti-anxiety effects,^[3] suggesting that lemon verbena may be effective as a calming agent.



Want to get involved?

We are conducting a study to investigate the effects of lemon verbena supplementation on behaviour, mood and cognitive performance in children and adolescents aged 8-17 years. Please scan the QR code or email us at HL.lemon.verbena@northumbria.ac.uk for some additional information.

This study has been approved by the University Ethical Approval System (49191) at Northumbria University.