

EMPowerplus

EMPowerplus is trademarked preparation of 36 ingredients (16 minerals, 14 vitamins, 3 amino acids and 3 antioxidants). Seven of those ingredients are known to help either bipolar disorder (inositol and magnesium) or unipolar depression (vitamin B6, B12, folate, chromium, and L-methionine), but the dose it provides are generally below those we know to be effective. Most of the remaining ingredients in EMPowerplus would be found in an average multivitamin.

EMPowerplus is advertised for bipolar, depression, anxiety, autism and ADHD. Among these, it has only proven that its benefits are greater than those of a sugar pill in ADHD. There are, however, numerous reports of children and adults whose depressive and manic symptoms improved on it. We hope that someone will compare this promising therapy to a sugar pill so we can be more assured of those results.



Quick Facts: EMPowerplus	
How natural?	Most ingredients are part of our diet or occur naturally in the human body
Benefits	ADHD Unknown if it helps bipolar disorder (no placebo-controlled trials)
Side effects	None known
How to find it	www.truehope.com (cost is \$20/month)
Dose	2 tablets or capsules daily