



## Bright Student™ supports Attention Deficit issues

**A**ttention Deficit Disorder, Attention Deficit Hyperactivity Disorder (ADD/ADHD) and learning disorders occur commonly in children and may persist into adulthood.<sup>1</sup> ADD/ADHD has a genetic/neurologic basis.<sup>2</sup> There are several important co-morbidities including learning disorders in math and reading, sleep disorders, emotional lability, anxiety and depression.<sup>1,3,4</sup>

These symptoms are not treated by and may be exacerbated by stimulant medications. Up to 30% of patients prescribed stimulants do not respond clinically, while others desire to decrease or discontinue them due to side effects.<sup>5</sup> Up to 65% of patients suffering from ADD/ADHD and other learning disorders use complementary modalities with 16% using aromatherapy.<sup>6,7</sup>

Aroma MD's Bright Student™ is a comprehensive clinical aromatherapy program that supports the primary and secondary symptoms of ADD/ADHD and mild organic learning disorders by modulating neurological, cognitive and emotional pathways.\*

### CONDITION SPECIFIC SUPPORT AND MODIFICATION:

#### Dopamine Activity:

The main effect of stimulants in ADD/ADHD is postulated to be by increasing dopamine levels in the brain. The essential oils and their components in Aroma MD's™ Bright Student™ have been shown to promote increased dopamine levels.<sup>8-12\*</sup>

#### Cognition and Memory (Nootrope):

Recent animal studies support the role of holy basil, as found in Bright Student™, in enhancing memory and suggest a possible support role in organic learning disabilities.<sup>13\*</sup>

#### Mathematics Performance:

A clinical study with rosemary and lavender essential oils, found in Bright Student™, showed improved speed and accuracy of mathematical task completion.<sup>14\*</sup>

#### Focus and Stress Reduction:

Clinical and animal trials with the essential oils used in Bright Student™ showed a reduction in cortisol stress hormone,<sup>15</sup> and promoted focused alertness and attentiveness without inducing drowsiness.<sup>16-19 \*</sup>

#### Emotional Stability:

Vetiver and clove essential oils are used traditionally for their qualities of emotional grounding and centering. Vetiver is also used for its ability to reduce anger and negative emotions.\*

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD's™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

*"Our five year old daughter has autism and ADHD. Bright Student™ is a very useful addition to her medical regimen. I recommend Dr. Hedayat's products without reservation!"*

– C.Kleine, Louisiana

*"I am a 2nd grade teacher in Chicago. This year, I incorporated Bright Student™ into my classroom. It takes the edge off my students while keeping them focused and on task."*

– H.Abbasi, Illinois

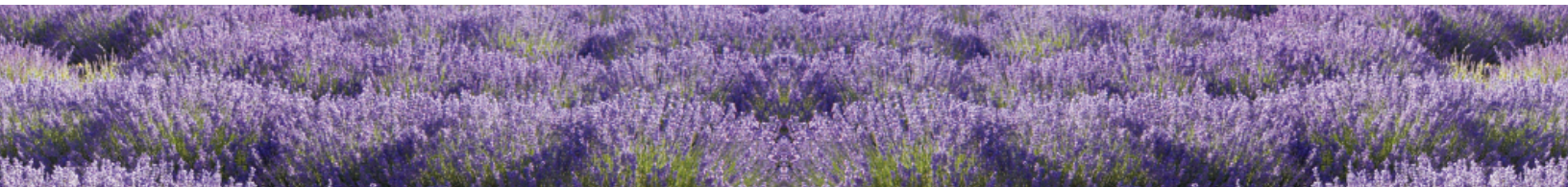
## Bright Student™



ADHD, Concentration,  
Memory Support\*



**Aroma MD™**  
Distributed by  
Time Laboratories  
877-846-3522  
www.timelabs.com  
info@timelabs.com



## Medical Quality Essential Oils in Bright Student™

Support and Modification	Ylang-Ylang	Rosemary	Holy Basil	Clove Bud	Vetiver	Lavender
Attention and Focus	✓	✓	✓			✓
Brain Inflammation		✓	✓	✓		✓
Emotional Stability				✓	✓	✓
Math Performance		✓				✓
Memory		✓	✓			✓
Mental Stress	✓		✓		✓	✓
Neuro-transmitters		✓			✓	✓

### APPLICATIONS:

#### Attention Issues and Hyperactivity:

*Internal:* Twice per day with food for a minimum of 6 weeks for best effects. Bright Student™ can be mixed with applesauce or yogurt, mixed in a smoothie, or taken directly with a spoon. Bright Student™ can be taken in conjunction with medication or other nutritional supplements.

#### Difficulties with Concentration:

*Topical:* Apply to chest and temples 10 minutes before starting homework. For ongoing difficulty, combine with internal use as described above.

### PRECAUTIONS

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Keep out of the reach of children.

### REFERENCES

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### SUGGESTED USAGE

**INTERNAL:** Ages 5 to 7 years, 2-4 drops; ages 8 to 11 years, 3-6 drops; ages 12 to adult, 5-10 drops with food morning and afternoon, for a minimum of 6 weeks for best effects.

**TOPICAL:** Ages 5 to adult, apply to temples, neck and chest as needed before learning sessions. For best effect, combine with internal use.

**BATH:** All ages, 5-20 drops stirred in bath.



### Kamyar Hedayat, MD, FAAP

Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is

the Medical Director of Full Spectrum Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

For more information on Aroma MD™ products or to order, contact:

Time Laboratories, Distributors

6000 S 5th Ave, Pocatello ID 83204 877-846-3522  
www.timelabs.com info@timelabs.com