

# ■ Herbal Medicine List

for Managing ADHD & BPD on the Road

- Rhodiola Rosea – For energy & emotional stability
- Passionflower – For calming anxiety & racing thoughts
- Holy Basil (Tulsi) – For emotional regulation
- St. John's Wort – For low mood & irritability
- Lion's Mane – For brain fog & focus
- Ashwagandha – For stress & mood support
- Lemon Balm – For relaxation
- Lavender – For calming & stress relief
- Chamomile – For gentle relaxation & sleep