Table H-6. Summary of adverse effects

| **Adverse Effect** | **Findings** |
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| *Physical* |  |
| Weight loss29 | 12.0% (n=3) receiving gingko biloba and 32.0% (n=8) receiving MPH |
| *Gastrointestinal* |  |
| Nausea27,28 | 5.6% (n=2) receiving NDG and 44.4% (n=16) receiving MPH |
| 20%(n=6) receiving MPH alone |
| Dyspepsia27 | 40% (n=9) receiving omega-3/6 alone after 1 month of treatment |
| Stomach pain28,29 | 5.6% (n=2) receiving NDG and 33.3% (n=12) receiving MPH |
| 12.0% (n=3) receiving gingko biloba and 20.0% (n=5) receiving MPH |
| *Sleep* |  |
| Insomnia27,29 | 20% (n=6) receiving MPH alone |
| 12.0% (n=3) receiving gingko biloba and 48.0% (n=12) receiving MPH |
| Hypersomnia28 | 16.7% (n=5) receiving NDG and 0 receiving MPH |
| Trouble falling asleep28 | 2.8% (n=1) receiving NDG and 13.9% (n=5) receiving MPH |
| *Appetite* |  |
| Suppression27 | 70% (n=21) receiving MPH alone, 6.7% (n=2) receiving omega-3/6 alone, and 33.3% (n=10) receiving combined |
| Decreased28,29 | 2.8% (n=1) receiving NDG and 36.1% (n=13) receiving MPH |
| 20.0% (n=5) receiving gingko biloba and 76.0% (n=19) receiving MPH |
| Increased28 | 13.9% (n=5) receiving NDG and 11.1% (n=4) receiving MPH |

Abbreviations: MPH=methylphenidate, NDG=ningdong granule