

## What is Adderall?

### Adderall Basics

The active ingredient in Adderall is amphetamine, a synthetic stimulant. Amphetamine can boost mood, suppress appetite, reduce fatigue, increase attention span, and has been used to treat narcolepsy, depression, and attention-deficit/ hyperactivity disorder (ADHD). More than 25 million people worldwide use amphetamine.

### Amphetamine's History

Potential medical use wasn't explored until 1929, when amphetamine was re-synthesized by American chemist Gordon Alles. In the early 1930's, amphetamine went to market in an inhaler format called Benzedrine, followed a few years later by Benzedrine Sulfate "pep pills." The pills quickly became popular with the military, truckers, dieters, students, and more for their ability to boost morale, fight fatigue, and suppress appetite.

Due to the dangers of amphetamine overuse and mixing with other drugs, the Food & Drug Administration began requiring prescriptions in the late 1950's. Today, in small doses, amphetamine is used to treat ADHD.

### How Does It Work?

People with ADHD have lower levels of a neurotransmitter called dopamine. Because dopamine is important in the brain's reward center, those with ADHD tend to seek out extra stimulation and are susceptible to small distractions.

Amphetamine counteracts this distractibility by boosting the dopamine's availability to bind to dopamine receptors.

\* How is amphetamine's effect on your brain like a middle school dance?

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