Clinical Case Report

EnLyte in an Adolescent with ADHD, Autism Spectrum Disorder, Anxiety, and Emerging Obsessive-Compulsive Symptoms

Lauren LaRose, MD | Child & Adolescent Psychiatry • Adult Psychiatry



CASE OVERVIEW

Patient Background

JH is a 14-year-old male with a history of Attention-Deficit/Hyperactivity Disorder, Combined Type; Autism Spectrum Disorder; and Generalized Anxiety Disorder.

Prior Treatment and Ongoing Challenges

Past medication trials for ADHD included Vyvanse, dexmethylphenidate ER and IR, methylphenidate ER and IR, and Azstarys (serdexmethylphenidate-methylphenidate). Past medication trials for Generalized Anxiety Disorder included sertraline and escitalopram. Despite multiple medication trials, behavioral therapy, parent coaching, and extensive school accommodations, JH continued to struggle with behavioral outbursts, high baseline anxiety, poor sleep, and frequent compulsive behaviors, including nail biting, chewing the collars of his shirts, and hoarding food in his bedroom.

His parents frequently had to pick him up early from school because of panic attacks and meltdowns that disrupted the classroom and interfered with his ability to stay on track academically.

Change in Symptoms

During the summer of 2025, JH developed new and severe obsessive-compulsive symptoms. He wiped excessively in the bathroom, repeatedly clogged toilets, and flooded the family home three times. He also showered and washed his hands excessively, at times causing the skin on his hands to become raw and bleed. His parents also observed worsening emotional dysregulation, emotional reactivity, meltdowns, impulsivity, and very low frustration tolerance. Because his behavioral difficulties at his previous school had become so severe, his parents transferred him to a new school.

Genomic Finding and Intervention

JH's parents pursued genomic testing, which identified a heterozygous MTHFR C677T variant. EnLyte was started in March 2026.

> ***"This is the best he has ever looked."***
> — Parent report within weeks of starting EnLyte

Reported Outcome

His parents reported that, for the first time in JH's life, he was able to sit down and have conversations with them. They described him as much calmer, with significantly improved emotional regulation. At his new school, he was reported to be thriving academically and no longer experiencing behavioral or conduct issues. This allowed him to remain at school every day, return to grade level in his learning, and build healthier relationships with peers and teachers. His parents also reported a much calmer home environment and improved functioning for the family as a whole.

About Dr. Lauren LaRose

Lauren LaRose, MD, is board-certified in both Child and Adolescent Psychiatry and Adult Psychiatry.

Case report note: This report describes the experience of a single patient and includes parent-reported outcomes. It is not a controlled clinical trial and does not establish that EnLyte caused the reported changes. Individual outcomes may vary.