



TOGETHER FOR
A HEALTHIER WORLD

MENTAL HEALTH BOOK



Mandatory
information



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 **MEDICE**
THE HEALTH FAMILY

Fore- word

“Together, we take care of improving people’s health in as many areas as possible.”

With our healthcare solutions consisting of pharmaceutical therapies, digital treatments and nutritional concepts, we aim to provide patients with the best possible care during every stage of their disease.”

Let’s take care!

Mental health is one of the major challenges of our time – and has been a central concern of the MEDICE Health Family for 25 years now.

This marked the start of a development at MEDICE that changed not only our company history but also the lives of countless children, adolescents and adults: our beginnings in ADHD therapy with **Medikinet®**. What began with a bold decision and a great deal of pioneering spirit is now a significant chapter in our history that has shaped our identity – as a family company, as a healthcare company, as the MEDICE Health Family.

Medikinet® was specially developed in our laboratories at our Iserlohn site. The innovative pellet technology for **Medikinet® retard** shows how it was possible to improve quality of therapy and life, especially for schoolchildren, on the basis of a scientific orientation, evidence-based medicine and close links to indication experts. After all, the therapeutic added value is obvious: the medication containing methylphenidate, a psychostimulant controlled under narcotics law, could now stay in parents’ hands thanks to its double duration of action; there was no need for a second dose during school hours, which is very difficult to implement in practice for a child

with ADHD. And, following three phase III trials, our **Medikinet® adult** was also the first ADHD medication approved in Germany to treat adults, for which we had all of the scales from Anglo-American validated into European languages.

Enabling customised treatment is what motivates us to expand our portfolio:

1.) **Pharmaceuticals** with various active pharmaceutical ingredients, areas of application, formulations and pharmaceutical forms for pharmacological intervention. Thanks to our portfolio approach, most children, adolescents and adults with ADHD in Germany and Europe have been treated with pharmaceuticals from MEDICE for many years.

2.) For **multimodal therapy**, we are also establishing a portfolio of non-pharmacological interventions, e.g. digital health applications with clinical evidence. We are reducing care gaps and enabling low-threshold access by e.g. bridging waiting times until the patient can see a specialist, and creating scientifically validated individual treatment paths and facilitating patient management by integrating new media in established treatment concepts.

ADHD often does not occur alone – those affected frequently also have associated disorders (comorbidities). As an example: 70% of children with ADHD also have problems falling asleep, 50% of adults with ADHD also have depressive moods. We are thus expanding our portfolio within the Therapeutic Unit Mental Health with further indications relating to mental health.

In doing so, we are creating a solid foundation – our culturally evolved understanding of the three dimensions of health: besides physical and mental health, social health and environmental health are also important parts of our commitment.

At the heart of physical/mental health is our aspiration to think beyond classic pharmaceutical treatment. We thus combine our pharmaceutical core competence with digital treatments and treatment-accompanying nutritional concepts. On the basis of this multimodal therapy approach, we develop modern healthcare solutions with the aim of creating noticeable added value for patients, relatives and healthcare practitioners.

Social health currently focuses on our private commitment in establishing the Katja Pütter-Ammer

Dr. med. Katja Pütter-Ammer
Dr. med. Dr. oec. Richard Ammer



Foundation. The non-profit foundation offers evidence-based kick-off presentations and coaching relating to mental health at primary schools and children’s day care centres. Our aim is to support teachers with proven strategies in order to manage challenging behaviour in children, promote a positive learning environment and thus have a preventative effect.

In the field of environmental health, we are contributing towards a healthy environment through various initiatives. With our company sustainable4U, we develop sustainable solutions for nutrition and the environment.

Together, we take care of improving people’s health in as many areas as possible – and we warmly invite you to better get to know our commitment in the field of mental health on the following pages.

Dr. med. Katja Pütter-Ammer
Managing Partner

Dr. med. Dr. oec. Richard Ammer
Managing Partner



Over 25 years of service for mental health — for families with ADHD

More than

25
Years

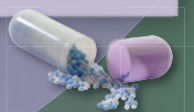
We provide support where help is needed. When ADHD was still little known, but the first paediatric voices raised concerns that children with this diagnosis were often underserved, we at MEDICE felt responsible: for a safe, effective supply of methylphenidate that is suitable for everyday use.

The first milestone was **Medikinet® tablets**, coupled with scientifically validated support materials for improved patient management. The second and more important milestone was the successful galenic and clinical development and (inter-) national distribution of **Medikinet® retard**, based on a proprietary pellet technology with modified-release methylphenidate. Methylphenidate was recognised as the gold standard in ADHD pharmacotherapy, although the relatively short biological half-life of approx. 4 hours required a second dose of the short-acting tablets to be taken during the school day, which was bound to fail in the case of a child with ADHD and the self-organisation problems associated with this. Especially as teachers are already legally excluded from administering medication and there is no other qualified personnel in schools who can perform this task. **Medikinet® retard** thus offered therapeutic added value: the medication controlled under narcotics law remains in parents' hands, as the single dose in the morning with breakfast acts within 30 minutes and covers

the whole school day. This avoids the drug from being taken incorrectly or passed on as well as any stigmatisation.

These special and unique pharmacokinetics are made possible by **Medikinet® retard**, as it combines two active ingredient fractions with a 50% immediate-release and a 50% sustained-release fraction of active ingredient-loaded pellets.

And the pharmacokinetics are reflected in verified clinical efficacy and tolerability: a good start to the morning makes for a good day. Preparations containing modified-release methylphenidate such as **Medikinet® retard** thus became the new gold standard in everyday ADHD therapy.





THERAPY DEVELOPED FURTHER - WITH A GROWING PORTFOLIO

The same aspiration - placing patients, psychiatrists and paediatricians at the centre - led to our other pharmacological solutions:

- **Attentin®** - the first finished medicinal product approved in Germany with the active pharmaceutical ingredient dexamphetamine
- **Kinecteen®** - with a new active ingredient ratio of immediate-release and modified methylphenidate (25%:75%) for an especially long duration of action
- **Agakalin®** - as a supplement in the differentiated treatment of ADHD with the active pharmaceutical ingredient atomoxetine, especially for internalised disorders

ADHD DOES NOT END ON A PERSON'S 18TH BIRTHDAY

We also developed early expertise in looking after adults with ADHD. After all, the diagnosis does not end in childhood. With the validation of scales established only in English and large-scale studies (EMMA, QUMEA and COMPAS), as well as the successful marketing authorisation of **Medikinet® adult**, MEDICE was a pioneer in this field. Inspired by international experts, we have certainly contributed towards ADHD also being recognised, researched and treated in adulthood - and those affected no longer falling through the cracks.



*On the path
towards
a multimodal*

future



HOW MEDICE IS RETHINKING ADHD CARE

The requirements on an effective and guideline-compliant ADHD therapy are growing – and MEDICE is growing, too. Through continuous portfolio expansions, our clinical research and targeted innovation projects, the MEDICE Health Family is consistently further expanding its role as one of the leading partners in the field of ADHD and mental health.

We are currently investing in clinical trials on new amphetamine formulations that should supplement and further improve the existing therapy options. However, our commitment goes beyond pharmaceuticals – as the future lies in interlinking various forms of treatment.

MULTIMODAL CARE – PROMISING, BUT NOT SUFFICIENTLY OFFERED

Despite clear recommendations in medical guidelines, only around 6.8% of children with ADHD actually receive multimodal therapy today – i.e. a combination of pharmacological and non-pharmacological treatment. This is where our work begins.

Our response: multimodal evidence-based healthcare solutions that consist of several strong components:

- **Pharmaceuticals** as an effective and safe basis of treatment – made in Germany
- **Digital health applications** as low-threshold access before, after and during psychotherapy
- **Nutritional concepts** to support basic mental health



DIGITAL PIONEER IN ADHD THERAPY

With **hiToco**[®], the first evidence-based parent training as a Digital Healthcare Application¹, and **attaxis**[®], the digital therapy specifically for adults with ADHD, we were the first company to develop digital health applications that can demonstrate a clinically relevant improvement in ADHD symptoms as a primary endpoint.

Both applications were successfully included in the directory of reimbursable applications and form an important element on the path towards multimodal care – integrated directly from a smartphone into the therapist’s treatment concept and into the everyday life of those affected.

AN INTEGRATIVE APPROACH TO INNOVATION

Our demand for innovation does not end with digital solutions. Within nutritional medicine and microbiome research, we are also conducting clinical trials to better understand the influence of nutrition and digestive health on ADHD and mental health – and make it usable.

Our vision:
**MORE THAN JUST PHARMACOLOGY:
 RESEARCH FOR A NEW SUPPLY LOGIC**

“Providing every patient with their individual, guideline-compliant therapy as quickly as possible, despite care gaps.”

Dr. Felix Lambrecht,
 Head of Strategic Management, Global Head Therapeutic Unit Mental Health and Managing Director of Medigital



¹Approved by the German Federal Institute for Drugs and Medical Devices.

Mental health

powered by



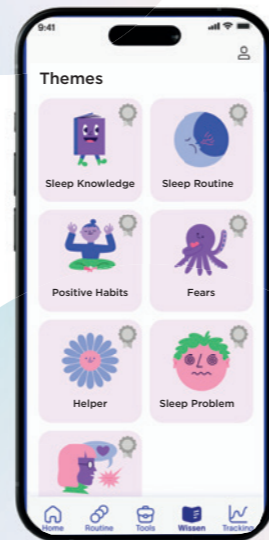
MEDICE
THE HEALTH FAMILY

COMPREHENSIVE SOLUTIONS FOR ADHD – AND BEYOND

ADHD is rarely an isolated diagnosis. Many of those affected additionally suffer from associated disorders (comorbidities) such as sleep disorders, anxiety, eating disorders or depressive moods. For us at MEDICE, it was thus clear at an early stage: ADHD is only the first step and, if we address associated disorders, then we will develop healthcare solutions for a broad spectrum of mental entities.

UNDERSTANDING SLEEP – IMPROVING SLEEP

Healthy sleep is the basis for a successful day – especially in families where days are already characterised by restlessness and sensory overload. With **Mellozzan®**, the first melatonin preparation specially for children with ADHD, we sent a clear signal at an early stage: sleep disorders must be taken seriously and treated effectively. In addition, with **hiPanya®**, a digital sleep diary that helps to teach good sleep hygiene, we have developed a guideline-compliant and scientifically verified tool that should make **Mellozzan®** a multimodal combination therapy.



MENTAL HEALTH NEEDS MORE THAN JUST MEDICATION

Despite clear recommendations, multimodal care with psychotherapeutic treatment for children, adolescents and adults remains a major challenge. Only 6.8% of those treated experience a guideline-compliant multimodal therapy, reflecting care gaps and the reality of care – not only for ADHD but throughout mental healthcare.

With the establishment of the dedicated Medigital® unit, cooperations and the acquisition of **Selfapy®** in 2025, MEDICE has actively addressed these gaps. Today, the MEDICE Health Family is the biggest provider of psychiatric DiGAs in Germany. The evidence-based therapy programmes enable fast, flexible and guideline-compliant care – irrespective of waiting times or the patient's place of residence – as an integral component within established treatment concepts.

We offer digital applications for the treatment of:

- ADHD in children – parent training
- ADHD in adults
- Sleep disorders
- Depression
- Generalised anxiety disorder
- Binge eating disorder
- Bulimia nervosa

Particularly worthy of note: **Selfapy® Depression** is the most effective digital application for depressive disorders on the German market – with a significant improvement in symptoms (effect size) and high user satisfaction.

INTEGRATED THINKING – COMBINED TREATMENT

We will also continue to think about mental health in an integrated way in the future: by combining classic pharmaceutical therapies with non-pharmacological approaches, we want to further strengthen multimodal treatment options. As a result, we created a full clinical development programme for multimodal healthcare solutions together with our Medigital® subsidiary, which specialises in digital developments. Pharmaceuticals and digital therapeutics should not exist separately, but instead work together. This is why we are conducting research, for more effective therapies.

One very promising area here is also research into the gut-brain axis. The connection between mental health and the gut microbiome is now well-documented scientifically. For this reason, we are specifically investing in clinical trials into dietary changes and the development of microbiome-based therapies, which can support the treatment of mental problems.

Our aspiration remains to take a multimodal approach to mental health – and provide effective treatment.



Expertise from experts — for experts



FURTHER TRAINING AS EQUALS - WITH THE MEDICE HEALTH FAMILY

An effective treatment begins with comprehensive knowledge. This is why we have been committed for many years to professional, CME-certified further training for doctors and psychotherapists throughout Germany and internationally. Our practical basic seminars impart well-founded knowledge on the indication, diagnosis and treatment of ADHD – always up to date, scientifically verified and application-oriented. They are supplemented by specialised workshops that promote an intensive dialogue among colleagues and offer space for individual questions. Our events take place regularly in central cities such as Berlin, Hamburg, Frankfurt, Munich, and Stuttgart – with targeted formats both for interdisciplinary sessions and for separate specialist groups.

In addition, we enable nationwide expert discussions and encourage participation at international conferences to bring the latest findings from research and care directly into practice.

A particular highlight: Our format “A Day at MEDICE”. Here, we invite doctors to get to know our company on site – from the vision to reality. A CME-certified training program enriched with insights into modern pharmaceutical production on site – paired with a behind-the-scenes look at a family-owned company committed to genuine caring.





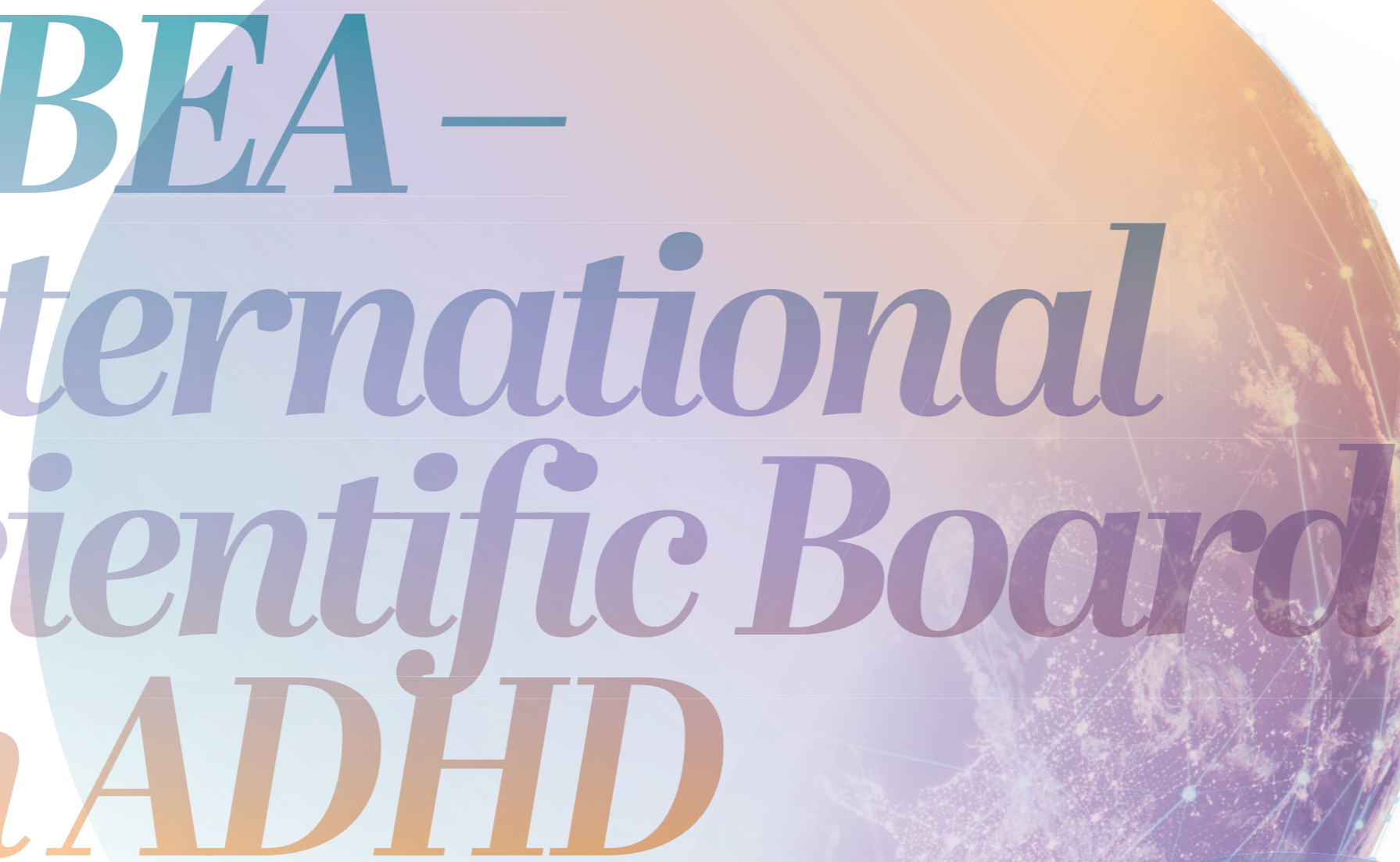
**SHARING KNOWLEDGE.
EXPANDING HORIZONS.
MOVING FORWARD TOGETHER.**

The International Conference on ADHD has been a firm feature in the international specialist calendar since 2005 - initiated by the MEDICE Health Family and its international offices and partners.

Every spring, the conference in Berlin brings together around 500 international experts from various disciplines within mental health. It focuses on current scientific findings, practical care issues and an interdisciplinary exchange at the highest level.

The event offers a unique platform for discussing developments in the field of ADHD in a global context - and creating new impetus for comprehensive, multimodal care. At the same time, it strengthens MEDICE's position as the world's leading partner for clinically active health professionals in the field of mental health.

International Conference on ADHD



*ISBEA –
International
Scientific Board
on ADHD*

**POOLING EXPERT KNOWLEDGE.
SETTING STANDARDS.
IMPROVING CARE.**

The ISBEA (International Scientific Board on ADHD) initiative initiated by MEDICE has been bringing together leading experts from over 18 countries – including Europe, USA, Australia and Brazil – since 2016. The aim of the scientific exchange is to discuss current developments relating to ADHD and associated disorders and, on this basis, formulate practical recommendations for prevention, diagnosis and therapy.

The focus lies on an interdisciplinary consensus – supported by scientific excellence and clinical experience. ISBEA sees itself as a catalyst for new care perspectives and makes a significant contribution to shaping international standards.

“The discussion of AI for mental health treatment was well presented and generated an interesting discussion. It is good to know that MEDICE is staying on top of these innovations. As usual, it was good to have time to speak with such an esteemed group of colleagues. Thanks for including me.”

Prof. Dr. Stephen Faraone
President of the World Federation of ADHD,
one of the world's leading ADHD researchers



By experts for patients

— facing ADHD together

INFORMATION. ORIENTATION. DIALOGUE.

A reliable ADHD diagnosis is often just the beginning. What follows are questions, uncertainties – and the desire for support. This is why the MEDICE Health Family offers a variety of patient-oriented products that accompany families, those affected and interested parties on their journey.

KNOWLEDGE THAT EMPOWERS – THE ADHD ADVICE PORTAL

At gemeinsam-adhs-begegnen.de, patients and relatives can find scientifically validated information, everyday tips and helpful materials for guidance and support – understandable, clear and accessible at all times. This is our contribution to reliable information because there are many half-truths circulating about ADHD.

PODCAST: “ADHD – NO REASON TO PANIC”

In the podcast format, experts from medicine, psychology and pedagogy share their insights – in an understandable, practical and realistic way. From the diagnosis and forms of treatment to everyday topics, the podcast offers valuable impetus – for all those who want to better understand ADHD.

COMMUNITY THAT CONNECTS – SOCIAL MEDIA PRESENCE

At [@gemeinsam_adhs_begegnen](https://www.instagram.com/gemeinsam_adhs_begegnen) on Instagram and other channels, MEDICE offers clear knowledge, shares personal insights into everyday life with ADHD and builds a digital community that emboldens, promotes understanding and enables interaction.



Rethinking responsibility



**Katja Pütter-Ammer
Foundation** STRENGTHENING THE MENTAL HEALTH OF CHILDREN & ADOLESCENTS



Caring does not end at the factory gate – for Dr. Katja Pütter-Ammer, this is not just a guiding motto but also a lived reality. As a managing partner of the MEDICE Health Family, she represents a corporate culture that understands health in a holistic manner: physical, mental, social – and deeply human.

With the Katja Pütter-Ammer Foundation founded in 2025, she is setting a clear example of social involvement: the non-profit foundation promotes the mental health of children and adolescents and provides targeted support to the people that it assists in everyday life.



FOR BETTER MENTAL HEALTH IN EVERYDAY SCHOOL LIFE

Children need a stable, supportive environment in order to develop in a healthy way. However, the school day is an ever-growing challenge for many teachers and educational professionals. Inattention, impulsivity, withdrawal or the noticeable behaviour of individual pupils are having an impact on the classroom climate and learning atmosphere – with consequences for all those involved.

The basis are scientifically validated methods that have been developed in collaboration with experts from University Hospital Cologne. Teachers and educational professionals thus receive targeted support to strengthen their own resources, expand their scope for action and effectively support children in their development.

“Health does not end with medicine – it begins with the person. With my foundation, I want to support those who give children stability, guidance and confidence every day.” Dr. med. Katja Pütter-Ammer



CARING AS AN ATTITUDE. HELPING AS A RESPONSIBILITY.

With the non-profit Katja Pütter-Ammer Foundation, the family is expanding its commitment far beyond entrepreneurial responsibility. It is an expression of what has shaped the company for over 75 years – a culture of caring that does not end with treatment but rather begins with the person.

Katja Pütter-Ammer Stiftung gGmbH

Together for a future in which everyone can fulfil their potential.
Further information: kpa-stiftung.de | info@kpa-stiftung.de

The foundation is the result of the private social commitment of the managing partner of MEDICE Health Family.