ADHDose fact sheet

ADHDose is an ADHD medication tool made in London. It shows people what their medication is doing through the day, when it kicks in, when it's highest and when it wears off, and learns how their medication actually runs for them, so they can see what their best days had in common. ADHDose is available on iPhone and Android, free on the App Store and Google Play, with ADHDose Pro by subscription.

What it is	ADHDose, an ADHD medication tool. It shows what your medication is doing through the day, and learns how your medication actually runs for you. Published science draws the curve. Your days sharpen it.
Company	ADHDOSE LTD, registered in England and Wales, company number 17146660
Registered office	128 City Road, London, EC1V 2NX
Founder	Matt Chuen, founder and sole owner
Launched	1 August 2026 on Google Play, and 16 November 2026 on the App Store
Available on	iPhone and Android, free on the App Store and Google Play
Price	Free to download. ADHDose Pro is £5.99 a month or £39.99 a year in the UK, $7.99 or $54.99 in the US, €6.99 or €49.99 in the eurozone.
Free	Today's medication curve, dose logging and reminders, Day Readiness, the journal, and recent dose and journal history
Pro	How your medication days have run over time, correlation insights on dose timing, sleep and caffeine, an estimated sleep window and sleep debt, side effect and blood pressure trends, full history, smart notifications, Weekly Pulse, the zone-coloured chart, and an appointment summary for your prescriber
Medicines	18 ADHD medicines across the UK, Europe and the US, plus your own. 14 stimulant medicines get a daily curve. Atomoxetine, guanfacine, viloxazine (Qelbree) and clonidine show steady cover instead.
UK and Europe medicines	Elvanse, Concerta XL, Equasym XL, Medikinet XL, Ritalin LA, Ritalin, dexamfetamine, atomoxetine, guanfacine
US medicines	Vyvanse, Adderall XR, Adderall, Mydayis, Dexedrine Spansule, Focalin XR, Focalin, Azstarys, Qelbree, clonidine
What you can log	Doses, kick-in, highest and wear-off times, focus, mood, side effects, sleep, caffeine, blood pressure, pulse and weight
Records	Records live on your phone, with an optional encrypted backup. Subscription funded, never sold or used for advertising.
Intended purpose	ADHDose is a personal medication diary and insight app for adults who take ADHD medication. From the medicine, formulation and dose you enter, it draws the typical rise, peak and fade of that medicine across the day, using published pharmacokinetic research, and it adjusts that picture to the wear-off times you record. Alongside it you keep your own record of focus, mood, sleep, caffeine, side effects, heart rate and blood pressure, see the patterns across your days, and take a clear summary to your appointments. It is built for understanding and for better conversations with your prescriber. It does not diagnose, it does not tell you when or how much to take, and it is not a medical device: decisions about your medicine stay with you and your prescriber.
Language	English
Website	adhdose.com

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