

## Brain and Neurotransmitter Balancing Nutrients: The Most Important Vitamins, Minerals, Amino Acids, and Herbs

### Vitamins:

- B1 (thiamine)
- B3 (niacin)
- B5
- B6 (P5P is the active form)
- B12 (methyl, adenosyl or hydroxyl, not cyano) -- use a sublingual or patch for the best method of absorption
- C
- D
- E
- Folate (methyl folate)

### Minerals:

- Chromium
- Iron
- Choline (sunflower lecithin is a great way to get the phosphatidylcholine form which is helpful for enhanced memory)

## Amino Acids and the Neurotransmitter and Symptom Imbalances They Apply to Most:

- **Tryptophan and 5-Hydroxy Tryptophan (5-HTP):** Precursors to Serotonin and Melatonin
- **Phenylalanine and Tyrosine:** Precursors to Dopamine and Norepinephrine (Adrenaline)
- **Valine, Leucine, Isoleucine:** Branched chain amino acids, important for energy production; low energy leads to sluggish brain and neurotransmitter function
- **Lysine:** Precursor to Glutamine for gut integrity which affects absorption of amino acids and nutrients and impacts neurotransmitters indirectly
- **Taurine and Glutamine:** Precursors to GABA, which is important for calming the brain and nervous system

## Herbs:

- St. John's Wort
- Kava
- Lemon Balm
- Milky Oat