



Brain and Neurotransmitter Balancing Nutrients: List of Most Important

Most Important Brain and Neurotransmitter Balancing 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)

Most Important Brain and Neurotransmitter Balancing Minerals

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

Most Important Brain and Neurotransmitter Balancing 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



Most Important Brain and Neurotransmitter Balancing Herbs

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