



## NEUROTRANSMITTER

## NUTRIENTS NEEDED

Serotonin

Tryptophan, Iron

Dopamine

Phenylalanine, Iron, B6

Melatonin

Tryptophan, Iron, B6,  
B9, Zinc, Magnesium

Epinephrine

Phenylalanine, Iron, B6,  
Copper, Magnesium

@truepotentialnutrition

# Nutrition And Neurotransmitters

**JR Anderson**



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