

NEUROTRANSMITTER

NUTRIENTS NEEDED

Dopamine — Phenylalanine, Iron, B6

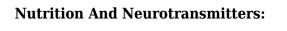
Melatonin — Phenylalanine, Iron, B6, B9, Zinc, Magnesium

Phenylalanine, Iron, B6, Copper, Magnesium

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Nutrition And Neurotransmitters

JR Anderson



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