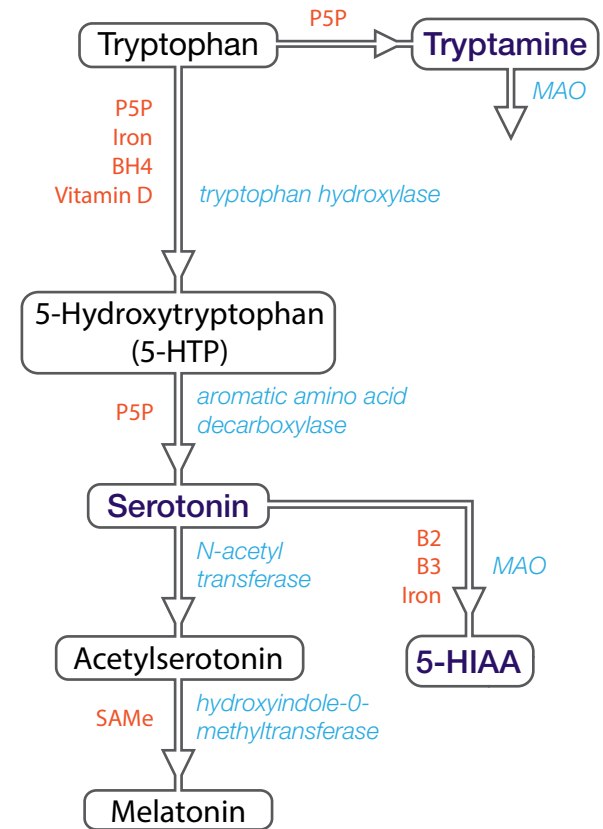
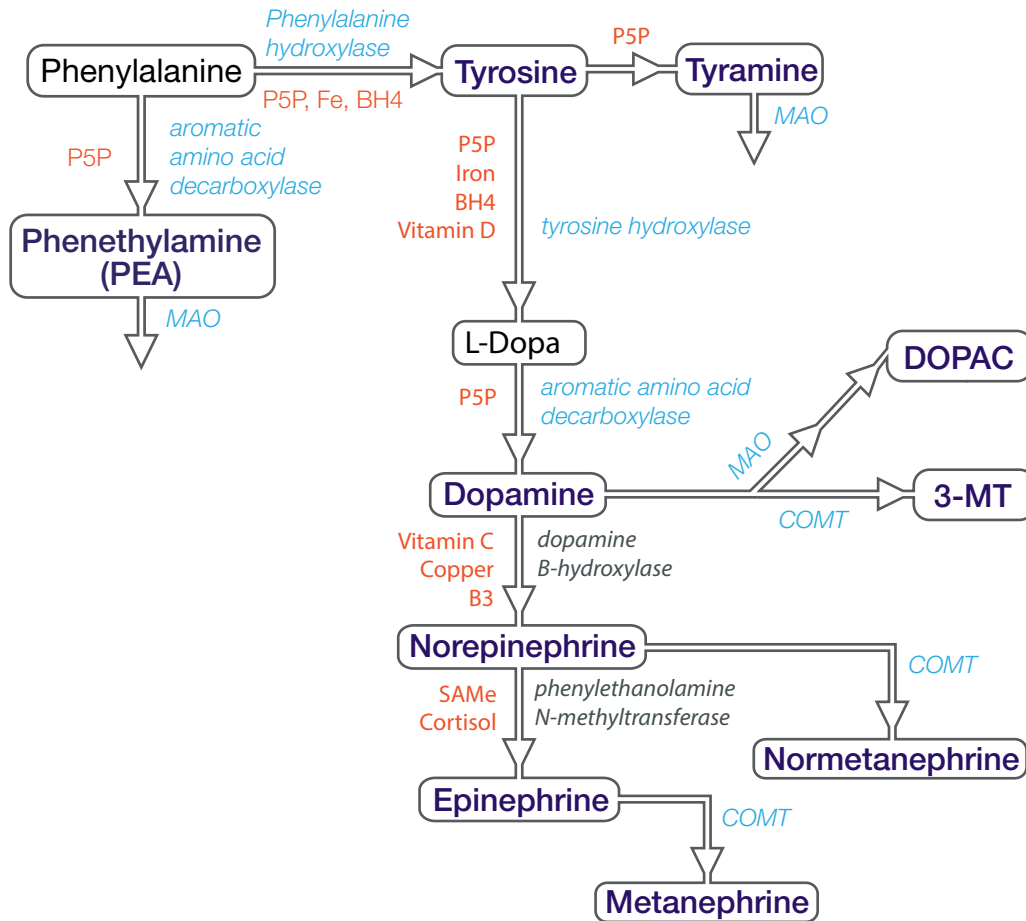




Neurotransmitter Pathways



KEY

MAO = monoamine oxidase
 Cofactors for MAO: B2, B3, P5P, Fe, Mg

COMT = catechol-o-methyl-transferase
 Cofactors for COMT: SAmE, Mg

P5P = (pyridoxal-5-phosphate) activated form of vitamin B6

BH4 = (tetrahydrobiopterin)

Endogenous levels can be supported with SAmE, vitamin B3, C, Mo, Zn

MTHF = (methyltetrahydrofolate) active form of folate.

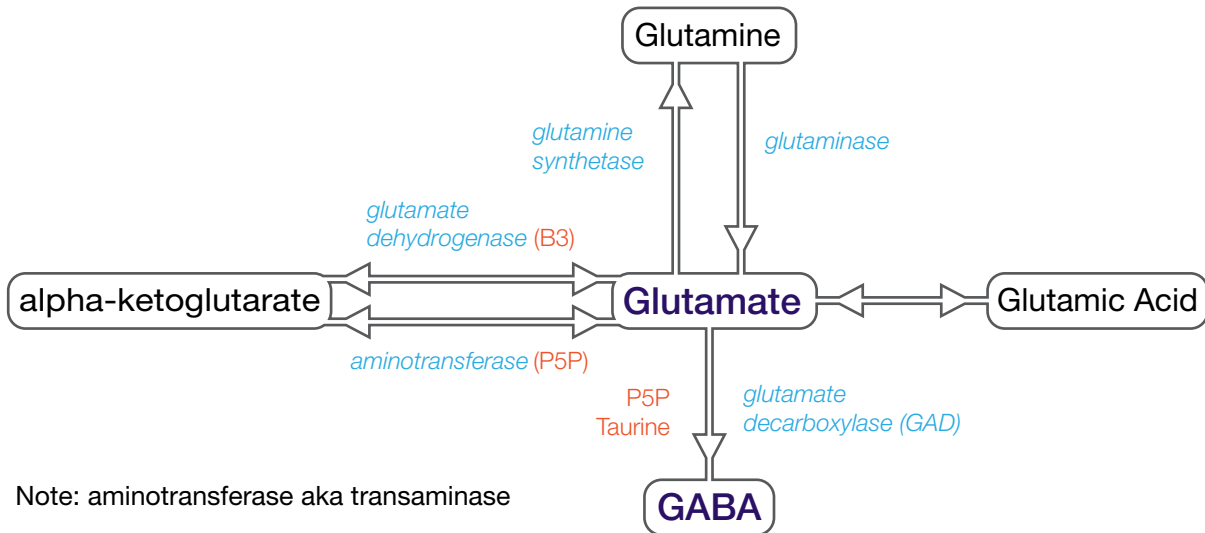
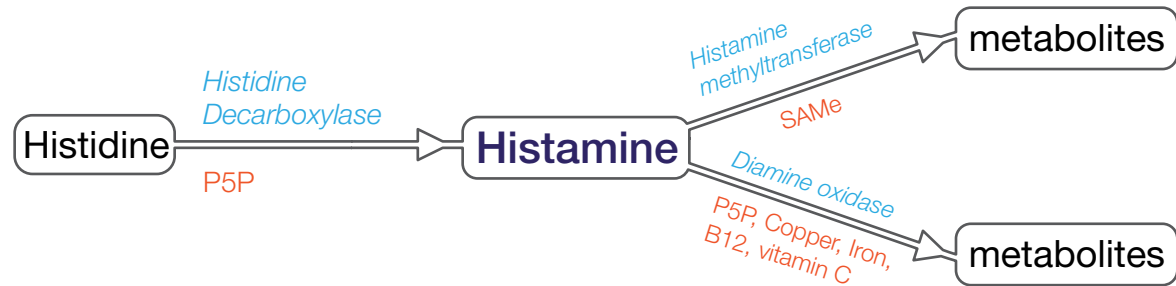
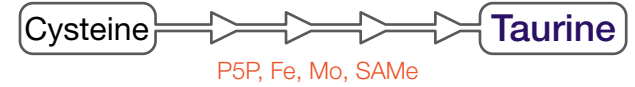
SAmE = endogenous levels can be supported with Mg, MTHF, and methylcobalamin supplementation.

Cofactors = ■ Enzymes = ■



Neurotransmitter Pathways

“glycine cleavage system”



Note: aminotransferase aka transaminase

KEY

- MAO = monoamine oxidase
- Cofactors for MAO: B2, B3, P5P, Fe, Mg
- COMT = catechol-o-methyl-transferase
- Cofactors for COMT: SAMe, Mg
- P5P = (pyridoxal-5-phosphate) activated form of vitamin B6
- BH4 = (tetrahydrobiopterin)
- Endogenous levels can be supported with SAMe, vitamin B3, C, Mo, Zn
- MTHF = (methyltetrahydrofolate) active form of folate.
- SAMe = endogenous levels can be supported with Mg, MTHF, and methylcobalamin supplementation.
- Cofactors = ■ Enzymes = ■