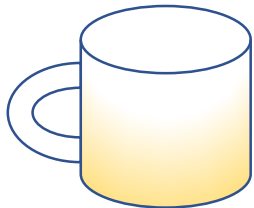


Feel Good Chemicals

Serotonin

(inner sunshine)

Positive Outlook
Flexibility
Self confidence



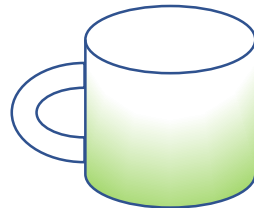
Depressed
Worry, anxiety
Irritable
Sugar cravings
Insomnia

***5HTP/Tryptophan**

Endorphins

(natural pain killer)

Pleasure, Satisfaction
Emotionally resilient



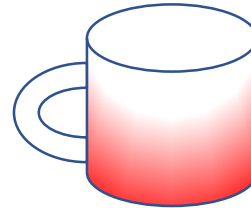
Over sensitive
to emotional and
Physical pain

***Phenylalanine**

Catecholamines

(natural caffeine-dopamine
Epinephrine, norepinephrine)

Energy, Focus
Enthusiasm
Controlled appetite



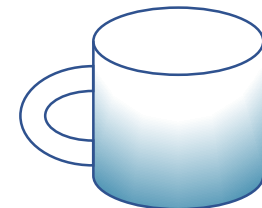
Low energy,
drive
Apathetic

***Tyrosine
and L-Phenylalanine**

GABA

(stress antidote)

Calm, Relaxed
Stress tolerance



Overwhelmed
Worry, anxiety
Burned out

GABA

As cup fills up ↑

As cup gets empty ↓