
Composition and method to augment and sustain neurotransmitter production

Abstract

A method and composition to enhance the synthesis and release of the neurotransmitters by the oral administration of neurotransmitter precursors, along with natural plant substances that stimulate uptake of the neurotransmitters precursors, while adding natural plant substances that activate adenylate cyclase in order to avoid attenuation and prevent pharmacologic tolerance. The compositions for medical foods are designed to improve cognitive function, induced sleep, improve Parasympathetic function, improve autonomic balance, increase nitric oxide production, reduce blood pressure, increase blood flow, and treat virus infections. The compositions include amino acids such as choline, herbs such ginkgo biloba, and other foods such as cocoa. The method uses physiologic tests such as 24 hour ECG monitoring to create the appropriate combinations and assess the useful proportions.

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