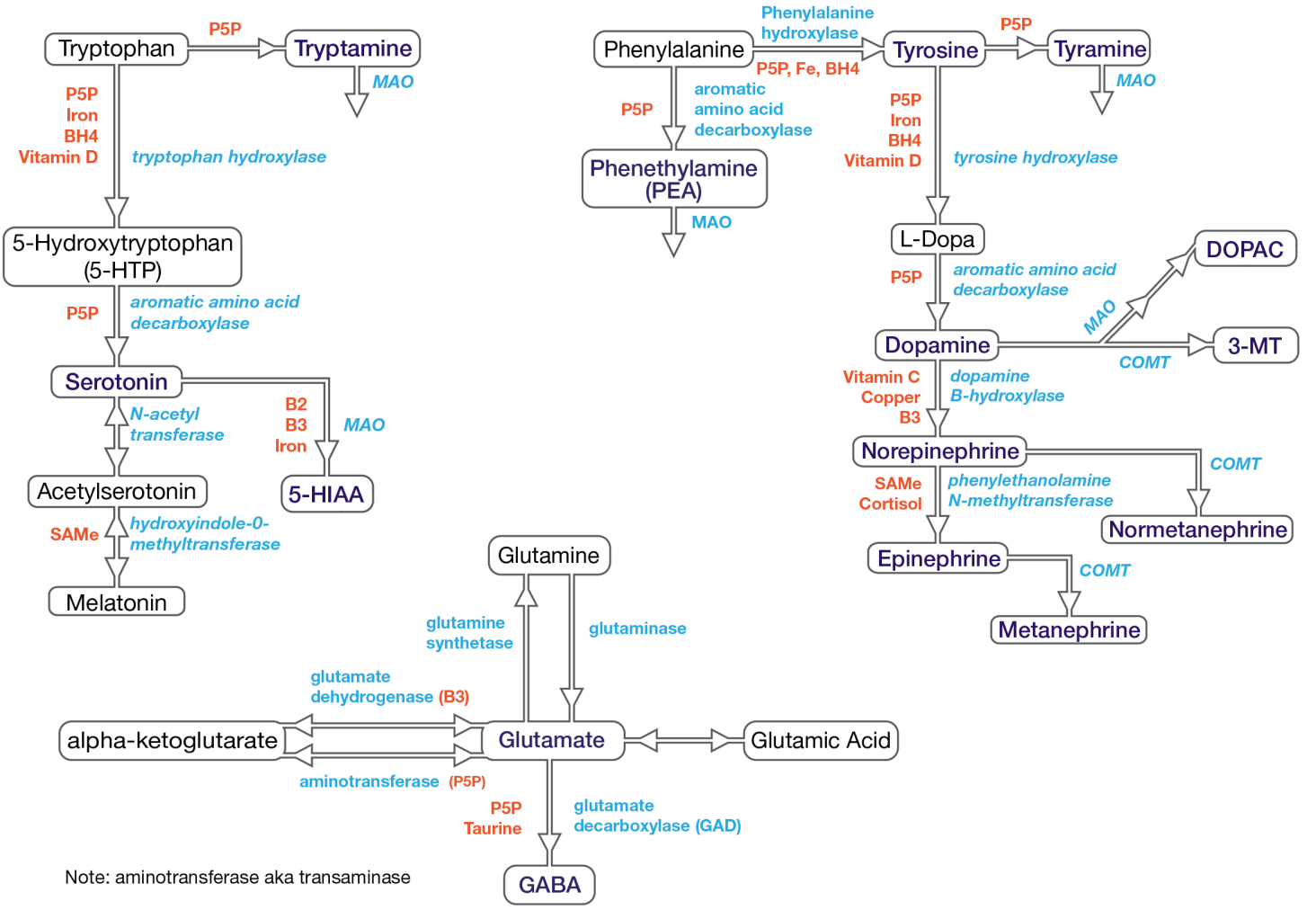
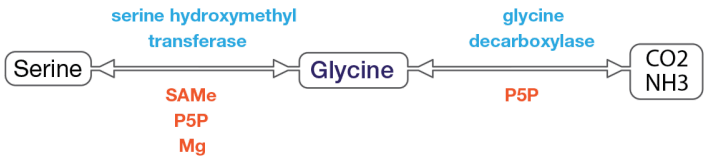
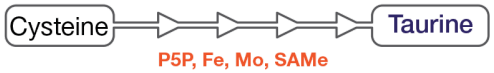
# Neurotransmitter Pathways




"glycine cleavage system"




**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 =