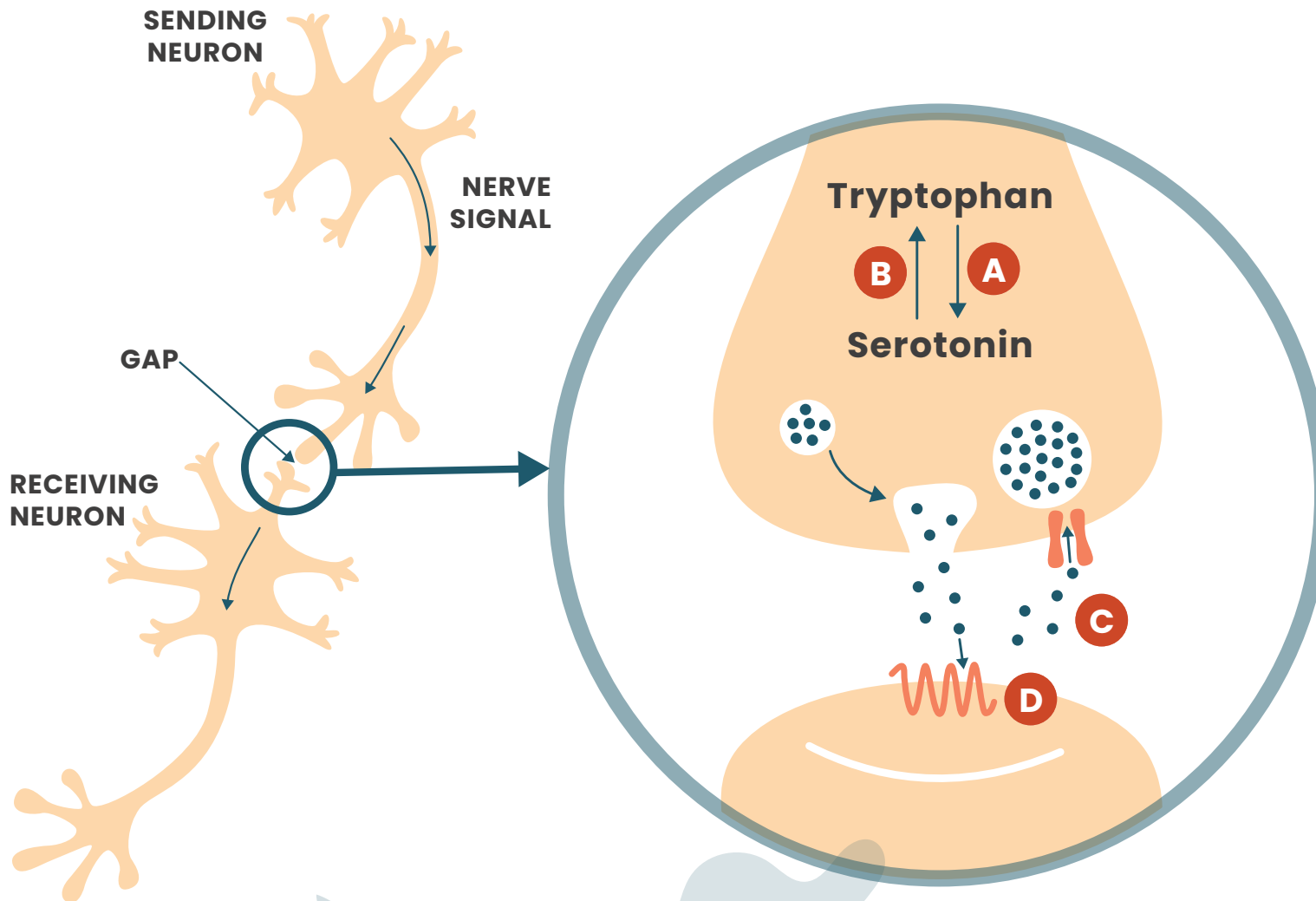


How Estradiol (Estrogen) Regulates Serotonin Biology



A Regulates Serotonin Production

Estradiol helps control how much tryptophan (an enzyme) is used to make serotonin. Tryptophan is the main building block of serotonin.

B Inhibits / Stops Serotonin Breakdown

Estradiol helps control how much serotonin will get broken down into tryptophan.

C Blocks Serotonin Recycling

Estradiol helps control how much serotonin is recycled back into the sending neuron (called re-uptake) after it has transmitted the nerve signal.

D Activates Serotonin Receptors

Estradiol helps activate serotonin receptors on the receiving neuron, so that they are able to accept the nerve signal being delivered by the serotonin.