Amino Acid Support Chart

Valora's Garden · Nutritional Consulting

Check what applies to you. Several checks in one section may point to a neurotransmitter that could use support.

NEUROTRANSMITTER	SUBSTANCE USED	AMINO ACID SUPPORT
LOW SEROTONIN ☐ Afternoon or evening cravings ☐ Negativity, pessimism ☐ Depressed, worry, anxiety ☐ Obsessive or racing thoughts ☐ Perfectionist, controlling, angry ☐ TMJ, fibromyalgia, migraines ☐ Body obsession, dysmorphia ☐ Food obsession, anorexia or bulimia ☐ Panic attacks, phobia, fear ☐ Night owl, hard to go to sleep ☐ Nightwake, disturbed sleep ☐ Racing thoughts keep you awake	☐ Sweets, starch ☐ Chocolate ☐ Salt ☐ Alcohol ☐ Cannabis (THC/CBD) ☐ Ecstasy ☐ Prozac, Zoloft, Paxil ☐ Lexapro, Celexa (SSRIs) ☐ Effexor, Cymbalta (SNRIs) ☐ Trazodone ☐ Melatonin ☐ Sleep meds, herbs	**5-HTP** **Positive Mood Support** **L-Tryptophan** **Sleep Support**
LOW CATECHOLAMINES (DOPAMINE) ☐ Craving, need for energy ☐ Bored, apathetic, depression ☐ Lack of energy ☐ Easily bored ☐ Lack of drive ☐ Lack of focus, concentration ☐ ADD / ADHD	☐ Sweets, starch ☐ Chocolate ☐ Caffeine ☐ Aspartame ☐ Tobacco ☐ Meth, cocaine ☐ Cannabis (THC) ☐ Wellbutrin ☐ Adderall / Ritalin ☐ Opiates	**L-Tyrosine** **Energy / Focus Support**
LOW GABA ☐ Crave relaxation ☐ Stiff, tense or painful muscles ☐ Stressed / burned out ☐ Unable to relax / loosen up / get to sleep ☐ Often feel overwhelmed	☐ Sweets, starch ☐ Chocolate ☐ Cannabis (THC) ☐ Alcohol ☐ Tobacco ☐ Xanax ☐ Ativan ☐ Klonopin ☐ Neurontin ☐ Benzodiazepines	**GABA** **Calm Support** often paired with L-Taurine · Inositol · L-Theanine
LOW ENDORPHINS ☐ Love / crave comfort, reward, numbing from a substance or behavior, e.g. excess exercise, gaming, internet, TV, porn, shopping, social media, food, drugs, alcohol, gambling, out-of-control spending ☐ Unrealistic "love" for certain foods, behaviors, substances, relationships ☐ Sensitive to emotional pain ☐ Self-harm, cutting, hair pulling, nail biting ☐ Cry (tear up) easily ☐ Often feel sad / lonely / hurt / grief ☐ History of chronic pain	☐ Sweets, starch ☐ Chocolate ☐ Caffeine ☐ Alcohol ☐ Tobacco ☐ Cannabis (THC/CBD) ☐ Opiates ☐ Heroin ☐ Cocaine ☐ Vicodin, Percocet ☐ Kratom	**DL-Phenylalanine** (DLPA) **Comfort & Mood Support**
LOW BLOOD SUGAR ☐ Crave sugar, starch, alcohol, drugs, behaviors ☐ Irritable, shaky, headache — especially if too long between meals ☐ Skip meals	☐ Sweets ☐ Starch ☐ Alcohol ☐ Caffeine	**L-Glutamine** **Craving Support**

If you or someone you love checked several boxes, amino acid support may help.
Book a consult at valorasgarden.com or call (435) 669-3562.

If you are in crisis or having thoughts of harming yourself, call or text 988 right away.

This chart is for educational purposes only and is not a diagnosis or a substitute for medical care. Talk with your practitioner before starting amino acids, especially if you take medication (SSRIs, MAOIs, stimulants, benzos, etc.).