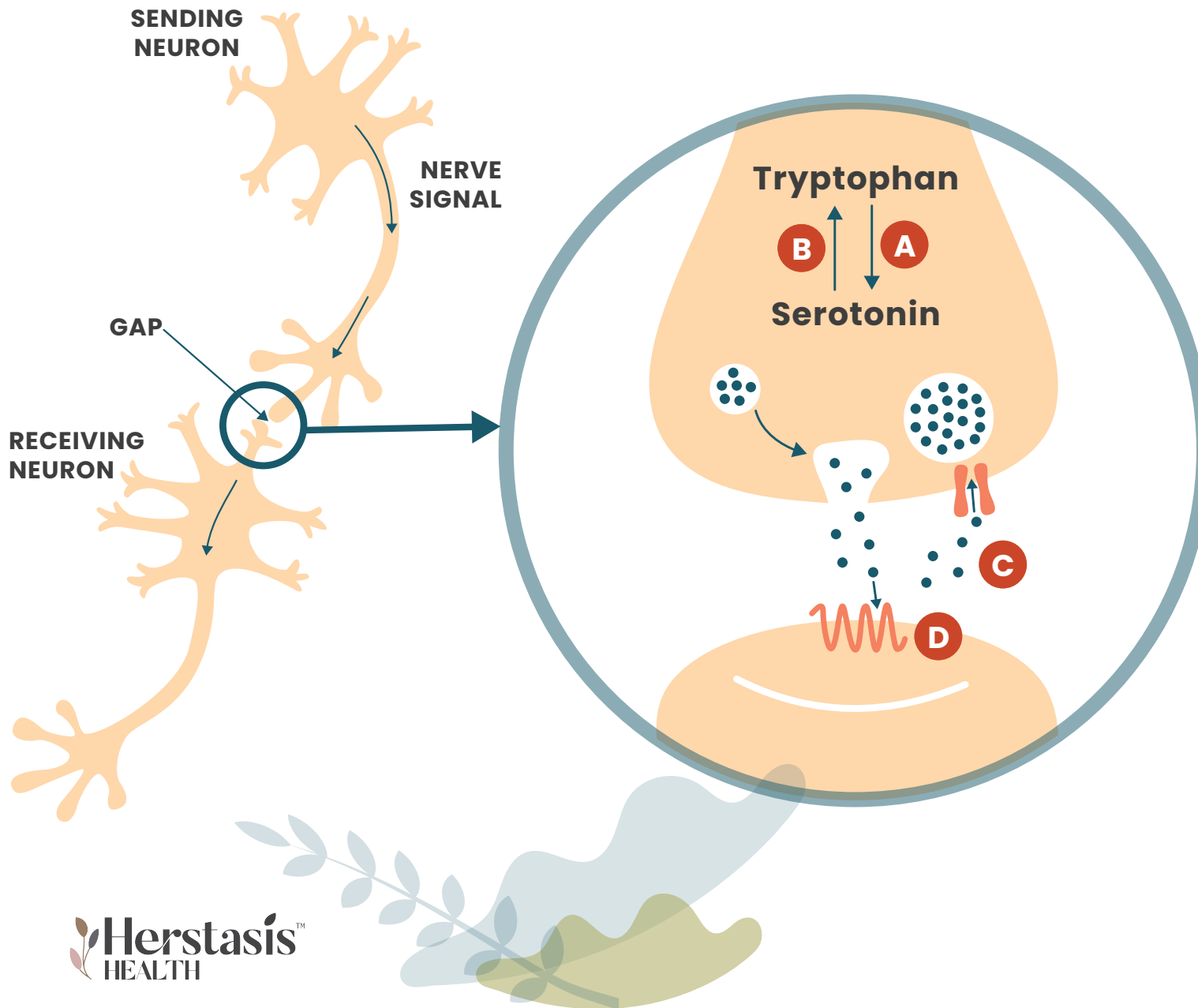


# How Estradiol (Estrogen) Regulates Serotonin Biology



## **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.