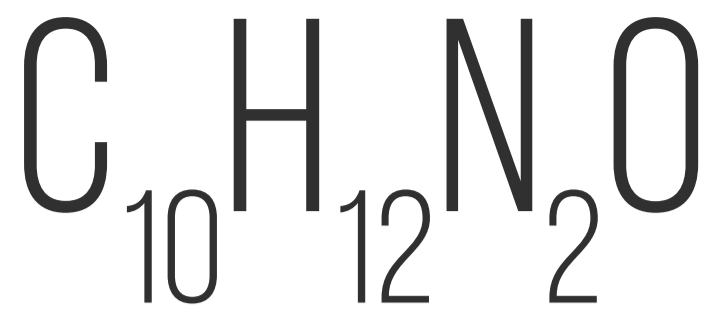


SEROTONIN

THE MOOD NEUROTRANSMITTER



Serotonin is thought to be a contributor to feelings of well-being and happiness. It regulates the sleep cycle along with melatonin, and also regulates intestinal movements. Low levels of serotonin have been linked to depression, anxiety, and some mental disorders. Antidepressants work by increasing serotonin levels. Exercise and light levels can also both have positive effects on the levels of serotonin.