

What Does Serotonin do?

Blood clotting: helps the body to heal faster

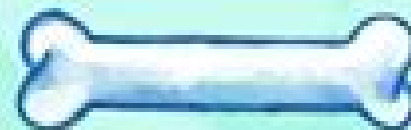


Sleep: stimulates the areas of the brain that are in control of sleep-wake behavior

Sexual function: can cause a decreased libido when levels are too high



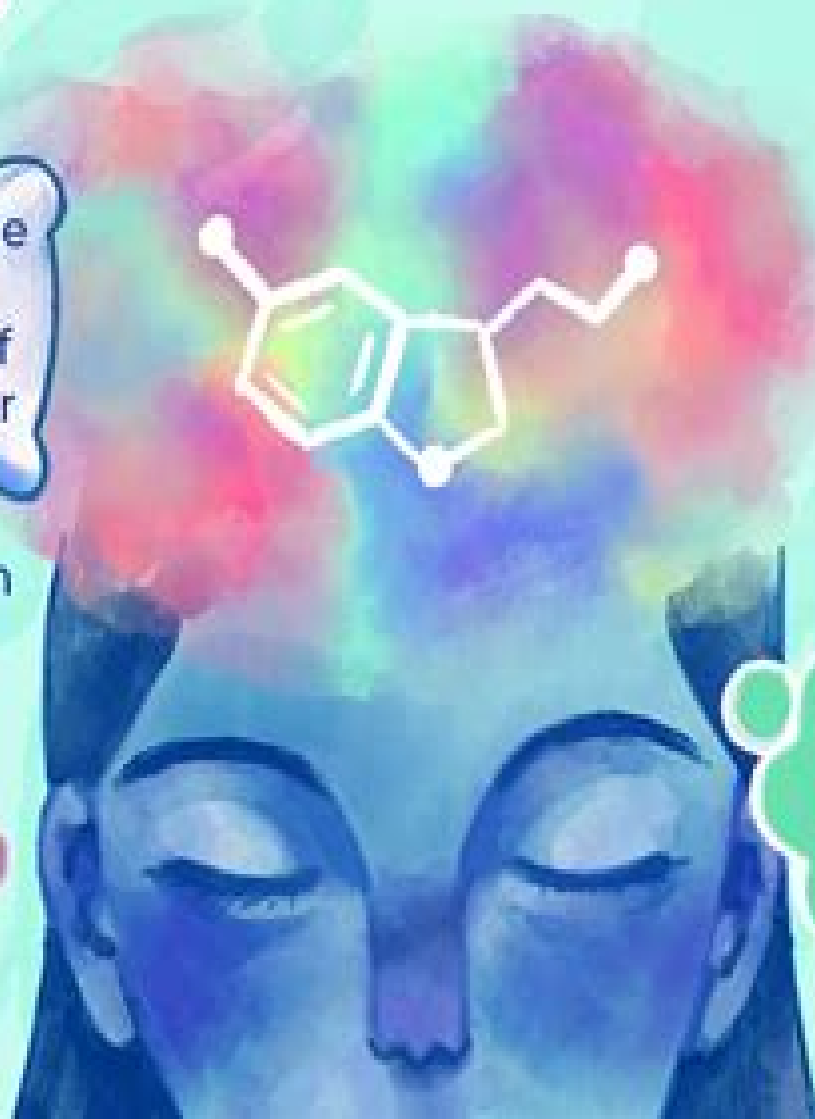
Bone health: can cause osteoporosis when levels are too high



Mood regulation: reduces feelings of depression and anxiety



Nausea: helps the body expel food quicker than normal



Happiness Guide Boost Serotonin Level

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