

# *Table of Contents*

<i>Acknowledgments</i>	v
<i>Preface</i>	1
1. Foods	7
2. Herbs and Spices	45
3. Vitamins, Minerals, and Related Nutrients	85
4. Amino Acids, Peptides, and Proteins	122
5. Lipids	151
6. Nucleic Acids	163
7. Miscellaneous Nutrients	165
8. Hormones and Neurotransmitters	174
9. Essential Oils	192
10. Entheogens	202
11. Medical Drugs	269
12. Nootropics	293
13. Neurobiology and Neurochemistry	334
14. Other	350
<i>Bibliography</i>	367
<i>Index</i>	371