

Scientific References

1) Zinc in the Treatment of Idiopathic Sudden Sensorineural Hearing Loss

https://www.researchgate.net/publication/47359589_Zinc_in_the_Treatment_of_Idiopathic_Sudden_Sensorineural_Hearing_Loss

2) Pyridoxine (vitamin B6) is a cofactor for both glutamic acid decarboxylase and GABA transaminase...

<https://www.sciencedirect.com/topics/neuroscience/pyridoxine>

3) Before Steroids, Russians Secretly Studied Herbs

<https://www.nationalgeographic.com/culture/article/long-before-doping-scandals--russians-were-studying-performance->

4) Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults

<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC6979308/>

5) Reduced adaptation of glutamatergic stress response is associated...

https://cdasr.mclean.harvard.edu/wp-content/uploads/2021/06/Cooper_NC21_withSuppl.pdf

6) Tinnitus discovery could lead to new ways to stop the ringing

<https://vcresearch.berkeley.edu/news/tinnitus-discovery-could-lead-new-ways-stop-ringing>

7) Brains of smarter people have bigger and faster neurons

<https://www.humanbrainproject.eu/en/follow-hbp/news/brains-of-smarter-people-have-bigger-and-faster-neurons/>

8) Passionflower in the treatment of generalized anxiety

<https://pubmed.ncbi.nlm.nih.gov/11679026/>

9) Griffonia simplicifolia is an African shrub and a source of the compound 5-HTP

<https://examine.com/supplements/griffonia-simplicifolia>

10) Oral Magnesium Intake Reduces Permanent Hearing Loss...

[https://sci-hub.se/10.1016/0196-0709\(94\)90036-1](https://sci-hub.se/10.1016/0196-0709(94)90036-1)