Start

Stomach Acid

Electroyltes

Protein

Magnesium

BH2

Folate

BH4

MAT1A

Methylation Cycle

Betaine(TMG)

MTHFR

MTR

B12

BHMT

Choline

Glycine

SAMe

SAH

BH4

Biopterin

Melatonin

Serotonin

Dopamine

Epinephrine

Nitric Oxide(NO)

COMT

MAO

BH2

Niacin(B3)

Homocysteine

We are trillions of cells

B1

KREBS Cycle

CBS

B6

Pathway Map .com

Lithium Orotate

Molybdenum

Sulfur

Glutamate

NOX

Sulfates

SUOX

Sulfites

PAPS

Taurine

Oxalates

Iodine

SOD

Manganese

B2

Glutathione

Selenium

H2o2 H2o

Copper

Iron

Bile

Sibo

IBS

Fat Metabolism

Mercury

Zinc

Ceruloplasmin

Vitamin A

End

An average adult has about 25 billion Red Blood Cells(RBCs) each containing about 270 million hemoglobin – with 4 iron molecules per hemoglobin.

That's 25,000,000,000 x 270,000,000 x 4 pieces of iron carrying around something capable of destroying itself.

Iron needs support from the rest of this machine

The association between mercury concentrations and lipid profiles