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Serotonin (/ ˈs ɛ r ɪ t o ʊ n , ˈ s ɛ r -/) or 5-hydroxytryptamine (5-HT) is a monoamine neurotransmitter. It has a popular image as a contributor to feelings of well-being and happiness, though its actual biological function is complex and multifaceted, modulating cognition, reward, learning, memory, and numerous physiological processes. ...A fertilizer (American English) or fertiliser (British English; see spelling differences) is any material of natural or synthetic origin (other than liming materials) that is applied to soils or to plant tissues to supply one or more plant nutrients essential to the growth of plants. Many sources of fertilizer exist, both natural and industrially produced. Thiamine is a vitamin, also called vitamin B1. Vitamin B1 is found in many foods including yeast, cereal grains, beans, nuts, and meat. It is often used in combination with other B vitamins, and found in many vitamin B complex products. Index. About This Site: The aim of this web site is to help provide accurate and reliable info regarding nutrition and health. Read More.... Nutrition for Health and Longevity: How to give yourself the best possible odds of living a full, healthy life by avoiding common causes of death such as cardiovascular disease and cancer . Read More..... Top 10 Nutra-Smart Foods: A list of the top 10 ...