

Turkey Mix (Turkey, serotonin)

YOU MAY NOT EAT OR TOUCH: Turkey in any form, milk products, tryptophane, Vitamin B1, B3, B6, and all the products with these vitamins. (Vitamin B1, B3, B6 and tryptophane are precursors of serotonin, the predominant enzyme found in turkey)

YOU MAY EAT: any food that does not contain the above listed items