

ENDORPHINS

THE EUPHORIA NEUROTRANSMITTERS

20+ TYPES IN
THE HUMAN BODY



Endorphins are a range of compounds, the biologically active section of which is shown above, formed from long chains of multiple amino acids. They are released in the brain during exercise, excitement, pain, and sexual activity, and produce a feeling of well-being or even euphoria. At least 20 types of endorphins have been identified in humans. Certain foods, such as chocolate & spicy foods, can also stimulate the release of endorphins.